

AMISHA JHANWAR

Yoga Instructor

📞 9547218755 @ amishawork20@gmail.com 🔗 LinkedIn/Portfolio
📍 Bangalore

SUMMARY

Experienced and dedicated Yoga instructor with 2 years of expertise guiding individuals through transformative yoga journeys. Adept at creating inclusive and motivating class environments. Proven ability to adept instruction to various skill levels promoting physical, mental, and emotional well-being. Strong emphasis on alignment, breath awareness, and mindfulness. Eager to inspire and empower students on their path to holistic wellness.

EXPERIENCE

Yoga Instructor 2021
Swingers Studio Bangalore

Company Description

- My primary focus was to create a holistic experience for my students, fostering a deep awareness of their bodies and promoting overall well-being. I began each class with a brief mindfulness session, encouraging participants to connect with their breath and become present in the moment.

Yoga Instructor 2021
Online Worldwide

Company Description

- My goal in online yoga sessions is to offer a comprehensive and accessible practice that supports participants in their journey towards physical, mental, and emotional well-being.

YIC

300 hrs Yoga Instructor 2022
Svyasa

MSc in Yoga Therapy 2023
Svyasa University



STRENGTHS

💎 Your Unique Talent
Belief in Yogic Values

SKILLS

Empathy Mindfulness and
Presence Patience Time
Management Adaptability

Tool / Technology

HINDI, ENGLISH, MARWARI

Language Beginner

PASSIONS

💎 Dancing