

# SEEMA LUTHRA

YOGA PROFESSIONAL

## ABOUT ME

Passionate Yoga practitioner with advanced training in Hatha Yoga approaches. Committed to providing extensive instruction and counseling to my clients, while motivating them to find inner peace and their healthiest self. Adept in creating powerful teaching plans that aim to support and benefit every person. Bringing forth a love and respect for the art of yoga and all that it encompasses

## PROFESSIONAL BACKGROUND

**Freelance Yoga Instructor:** Mumbai | May 2017 onwards

- Beginner and Intermediate level training sessions
- Successfully trained 500 people so far
- Developed a unique training mechanism that encourages effective mind and body practices

## SKILLS

**Advanced Yoga Abilities and Techniques | Effective Lesson Planning**

**Interpersonal Communication | Knowledge of Anatomy, Nutrition & Food Science**

## CERTIFICATIONS

**Human Performance Nutrition Certification Course**

- K11 School of Fitness Sciences
- September 2021 – Present

**TTC in Ashtanga Yoga**

- Mysore Hatha Yoga Kendra

**Post Graduate Diploma in Yoga Education**

- Kavalyadham Institute of Yoga and Research Centre, Lonavala
- April 2020 – April 2021

**Diploma in Naturopathy and Yoga**

- International Foundation of Natural Health and Yoga
- August 2008

**Yoga Therapy**

- Nashik Yoga Point

**TTC in yoga mediation**

- Nashik Yoga Point

## EDUCATION

**Master of Arts**

- IGNOU, New Delhi
- June 2009 – May 2011

## CONTACT

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