## RASHMI SIKRI

Yoga and Dance Trainer



## About Me

I am a Skilled and Certified Anatomy and Flexibility Yoga Instructor with a deep enthusiasm to offer Hatha and Yin Yoga teaching to the students of all ages and levels. Hardworking, Dedicated and Supportive with the main focus on Breathing and Meditation.



## Work Experience

### 2022 -Till date

#### YOGA AND DANCE INSTRUCTOR

#### Freelancing

Exclusive Group/Personal Yoga Taking batches (ONLINE/OFFLINE) for Children, Adults and Senior Citizens (Chair Yoga). Offering Punjabi Dance classes in near Conducted various Public Apartments. events like Kids Yoga Summer Camp, International Yoga Day event and Women health special Yoga on Mother's Day.

SKILLS

- Posture Correction
- Asana Anatomy
- Safety Techniques
- Detailed and Clear Ques
- Demonstration
- Breathing & Meditation
- · Usage of Props
- Meditation
- Punjabi Dance
- · Dance for Fitness
- · Form Expertise
- Communication Skills

2014 - 2017

#### HOME TUTIONS

#### Freelancing

Offerred Home Tutions for 3rd - 7th Grade for Hindi and Mathematics.

2007 - 2012

#### SOFTWARE ENGINEER

IT companies (IGT Gurgaon, Mastek Mumbai and Hexaware Mumbai)

Worked as a Software Programmer in IT companies for 5 years. Specialised in C, C#.net, ASP.Net, SQI Database, HTML, JavaScript, MS Office.





## 

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rashmi.yogini22@gmail.com

Jagriti Renaissance, Ramagondanhalli, Whitefield



### **Education**

#### 200 Hrs Hatha Yoga Teacher Training

SAMYAK YOGA, MYSORE (Yoga Alliance, USA certified)

#### **Kids Yoga Teacher Training Course**

Peaceful babes kids Yoga (Yoga Alliance, USA certified)

#### Anatomy and Flexibility Teacher Training

Mind Flow Harmony Academy (Yoga alliance, USA certified)

#### **B.Ed.** (Mathematics and Physics)

MD University, Rohtak (Haryana)

#### MCA (Masters in Computer Application)

UP Technical University, Lucknow



## Languages

English



Hindi





### Interest









Travel Dance Reading

## CERTIFIED

PEACEFUL BABES KIDS YOGA TEACHER

This is to certify that:

# Rashmi Sikri

Completed the Peaceful Babes Kids Yoga Teacher Training Course for ages 2-17. This course covered development for kids ages 2-17, kids yoga poses and sequencing, breathing and meditation practices for kids, kids yoga stories, yoga activities, yoga games, kids yoga class planning, teaching techniques, yoga for kids with anxiety and the business of kids yoga.

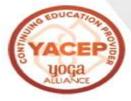
Principal Teacher Trainer
Jessica Fleming

Jessica fleming

Date

6th May 2022





MIND FLOW HARMONY



## Rashmi Sikri

Has Successfully Completed

40 hours "Yoga Anatomy & Flexibility Course" as per the guidelines and standards set by yoga alliance, USA From 8 August to 24 August 2022



Janiah (han Zainah Khan Meditation yoga teacher Founder of Mind Flow Harmony Registery ID: 339579

YOGESH JAKHMOLA YOGA & ANATOMY TEACHER REGISTERY ID: 265476



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