

CONTACT

Vishalakshi Y Radder

C/O Yallappa, Radder Oni, Kubihal,
Tq Kundgol, Kubihal, Dharwad, Karnataka, 580028
+91 7760573211
vishalaskshiradder3112000@gmail.com



OBJECTIVE

"Dedicated and experienced yoga teacher with a deep passion for holistic wellness and a commitment to helping individuals improve their mental and physical well-being. Seeking a position where I can use my knowledge and teaching skills to guide students on their yoga journey and foster a supportive and peaceful learning environment."

EXPERIENCE

- **Yoga Trainer**
Basava Yoga Shaala Kubihal
Worked as Yoga Trainer for 1 year
2022
- **Yoga Trainer**
Dharma yoga shaala
Worked as Yoga Trainer for 1 year
2023
- **Diva YOGA Chennai**
Worked as a Yoga Trainer for 6 months.

EDUCATION

- 2023 • **ASHTANGA YOGA, MYSORE**
ASHTANGA YOGA YTTC
- 2023 • **KARNATAKA UNIVERSITY**
PG DIPLOMA YOGA
- 2023 • **KARNATAKA UNIVERSITY DHARWAD.**
MA POLITICAL SCIENCE

SKILLS

- Yoga Styles: 25 diverse forms of yoga, ranging from dynamic practices like Power Yoga, Ashtanga, Hatha, and Vinyasa Flow to unique variations such as Wheel Yoga, Danda Yoga, Restorative Yoga, Aerial Yoga, Brick Yoga, Strap Yoga, and many more.
- Instruction Expertise: Weight loss Fitness Flexibility Therapeutic yoga
- Student Engagement: Exceptional ability to inspire and motivate students of all levels.
- Communication: Skilled in delivering clear, compassionate, and motivating instructions in English.
- Mindfulness & Meditation: Knowledgeable in techniques to promote mental clarity and relaxation.