

# MONIKA BISHT

## *Certified Yoga Teacher*



### WORK HISTORY



*Currently teaching yoga at Sivananda Yoga Vedanta Nataraja Centre, New Delhi from March, 2023.*

*Experienced in assisting in Yoga Training at Sivananda Yoga Vedanta Dhanwantari Ashram, Neyyar Dam from December 2022 to March 2023*



### YOGA TEACHER -2020 TO NOVEMBER 2022

#### TEACHED YOGA IN GROUP & INDIVIDUAL CLASSES

- *Teached, and, through practical demonstration provided guidance on appropriate yoga poses and techniques, proper breathing techniques and meditation based on individual needs and abilities of the student.*
- *Through verbal cues and practical adjustments, taught students to attain correct yoga postures and techniques and thus also prevent injury.*
- *Developed effective yoga programs based on student needs.*
- *Assisted students in setting achievable goals and monitored their progress towards success.*
- *Encouraged students to stay motivated and practise regularly.*



### PROFILE

CERTIFIED YOGA TEACHER

RYT -500 CERTIFIED (YOGA ALLIANCE)

CERTIFIED YOGA WELLNESS INSTRUCTOR -YCB LEVEL - 2 BY MINISTRY OF AUYUSH, GOI.

Over 3 years experience in teaching and advanced training in classical Hatha Yoga.

Experienced in creating teaching plans for both beginners and intermediate level.

DOB : 17/11/1994

### CONTACT ME



+91-9467758788



monikabisht958@gmail.com



A-321,  
MINTO ROAD COMPLEX  
NEW DELHI - 110002



## SKILL SETS

- Certified Yoga Teacher
- In-depth knowledge, both practical & theoretical to teach Hatha Yoga, Advanced Pranayama, Bandhas, Shat Kriyas, Karma Yoga, Bhakti Yoga, Raja Yoga, Jnana Yoga & Meditation.
- Experienced in teaching varied student profile - Kids, lady's with pregnancy, disabled individuals, senior citizens suffering from degenerative diseases and individuals suffering from life style diseases.
- Caring, Patient & Observant.

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## WORK HISTORY



### YOGA TRAINING WORKSHOP, SEPT - 2020

CONDUCTED YOGA TRAINING WORKSHOP  
ORGANISED BY **NON-STOP EDUCATION AND SOCIAL WELFARE FOUNDATION**, NEW DELHI an NGO.

- Voluntarily conducted a 2 day workshop to teach yoga to kids.
- **Key Focus Area** - Mental health, physical growth, concentration, movement and balance, both physical and mental.



### YOGA LIVE SESSION ON FACEBOOK, 21/6/2020

CONDUCTED YOGA LIVE SESSION on FACEBOOK  
ORGANISED BY **CHATTRA YUVA SANGHARSH SAMITI**, NEW DELHI a STUDENT BODY FEDERATION  
on 21ST OF JUNE 2020 ON THE OCCASION OF  
INTERNATIONAL DAY OF YOGA.



### TEACHED COMMON YOGA PROTOCOL 21/6/2020

CONDUCTED by **YOGA CERTIFICATION BOARD, MINISTRY OF AYUSH, GOVERNMENT OF INDIA** on  
21ST OF JUNE 2020 ON THE OCCASION OF 6TH  
INTERNATIONAL DAY OF YOGA.

- Trained 50 families on Common Yoga Protocol and helped to promote Yoga.
- **Theme** - Yoga at Home & Yoga with Family.



## CERTIFICATIONS

- YOGA CERTIFICATION BOARD LEVEL - 2 (YOGA WELLNESS INSTRUCTOR), MINISTRY OF AYUSH, GOI.
- RYT - 300 HR (YOGA ALLIANCE CERTIFICATION)
- RYT - 200 HR (YOGA ALLIANCE CERTIFICATION)
- CERTIFICATE OF APPRECIATION FROM YOGA CERTIFICATION BOARD FOR TEACHING COMMON YOGA PROTOCOL ON 21/06/2020.

## LANGUAGE SKILLS

- ENGLISH
- HINDI
- KUMAONI

## INTERESTS

- ADVENTURE TRAVEL
- SPORTS & FITNESS

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## PROFESSIONAL CREDENTIALS



### ADVANCED TEACHER TRAINING COURSE - YOGA ACHARYA - RYT 300 HR

CONDUCTED BY SIVANANDA YOGA VEDANTA  
MEENAKSHI ASHRAM, MADURAI, TN, INDIA.  
COMPLETED IN FEBRUARY, 2023.

*It's a residential 4 week comprehensive advance course  
for Sivananda certified Yoga teacher's.*



### TEACHER TRAINING COURSE - YOGA SHIROMANI - RYT 200 HR

CONDUCTED BY SIVANANDA YOGA VEDANTA  
DHANWANTARI ASHRAM, NEYYAR DAM,  
THIRUVANANTHAPURAM, KERALA, INDIA.  
COMPLETED IN DECEMBER, 2022.

*It's a four-week intensive residential programme to  
develop skills to teach yoga in the classical  
tradition, and establishes a firm foundation of  
discipline and a strong base to teach others with  
confidence.*



2 YEARS MASTER'S IN YOGA & SCIENCE OF LIVING  
FROM JAIN VISHVA BHARATI INSTITUTE (DEEMED TO  
BE UNIVERSITY) - LADNUN, RAJASTHAN, INDIA.  
COMPLETED IN 2021.



COMMON YOGA PROTOCOL INSTRUCTOR COURSE  
COMPLETED IN 2020 FROM MORARJI DESAI NATIONAL  
INSTITUTE OF YOGA, NEW DELHI. (MDNIY).



EARLIER COMPLETED FOUNDATION COURSE FROM  
MDNIY IN 2019.



## OTHER QUALIFICATION



B.COM FROM DELHI UNIVERSITY



M.COM FROM IGNOU.