

Mrs. Darshana Chhipani

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Website : <https://www.divya-yoga.net/>

➤ Professional Degree

- Diploma in Yogic Education in year 2018
- Diploma in Yogic Therapy, Natural Living & Naturopathy for Yoga & Naturo-Therapist in year 2019
From Yoga Vidya Niketan - College of Yoga, Natural Living & Naturopathy, Mumbai
- Pre and Post Natal Yoga Teacher training course in year 2020
- Reebok Core Pilates Trainer in year 2018

➤ Education Qualification : B.Sc (Home Science)

➤ Skill Summary

- Having rich experience of conducting yoga session
- Yoga Therapist
- Pre and Post Natal Yoga Teacher
- Diet Advisor
- Aerobics & Pilates Trainer

➤ WORK EXPERIENCE

Yoga trainer & Therapist for Total Positive Health (Posture Alignment, Flexibility, Stress Management, Relaxation, Improve Immune System). Working as yoga teacher at Yoga Vidya Niketan, Vashi.
Conducting yoga classes both in batches as well as personal in

- Traditional Yoga - Asana Variation
- Vinayasa Yoga - Power Yoga
- Pranayama, Mudra & Meditation
- Surya Namaskar
- Kriya
- Diet tips
- Aerobics | Pilates work out | Belt Workout | Wall Exercise

➤ Achievement

- Professional Member of Indian Yoga Association since Aug-20
- Certificates of appreciation from Ministry of Ayush for conducting online yoga class on International Day of Yoga 2020
- Participated in 5th DAE National Yoga Workshop -2019 on 'Complete Health Management', organized by Anushaktinagar, Mumbai
- Participated in Symposium on Research in Yoga 2019 organised by IIT, Bombay -2019
- Certificate for successfully conducted yoga sessions for International Day Yoga celebration week 2018 in Raigad district (for more than 4000 participants) from Surya Foundation & International Naturopathy Organisation.
- Participated in 9th International conference on 'Yoga as Therapy' in 2018, organized at Kaivalyadham, Lonavala