Yoga Resume

Name : Kavya Talwar

D.O.B : 7th October , 1995

Contact number : 8013494957

Email id : kavyatalwar710@gmail.com

Education :

· 2017-2018: Post Graduate Diploma in Mass communication and Public Relations – St. Xavier's College, Kolkata – 74%

· 2014-2017: B.A. Honors in English– Shri Shikshayatan College (Calcutta University) – 52%

· 2012 – 2014: Senior secondary Examination : class 12 , Our Lady Queen of the Missions School;(Indian School Certificate) (ISC) – 92%

· 2012: Higher Secondary Examination: Class 10, Our Lady Queen of The Missions School;Indian Certificate of Secondary Examination (I C S E) – 91%

Essential Qualifications :

-200 Hours of Yoga Training Certification from Bodhi School Of Yoga - Affiliated with Yoga Alliance.- 2022

-Online Meditation Teachers Training For Mindfulness, Yogic, Mantra and Chakra Meditation -

Spiritual Light Ashram and Dhyan Kendra

-Certificate of Achievement - Dance Training Program - Broadway Dance Centre, New York. 2021

-Professional Dance Certification Program - The Danceworx, Delhi - 2019- 2020

-Dance Certification Program - Rhytmosaic Sengupta Dance Company - 2017-2018 (Ranked Third)

- Passed with a Distinction in English in an International Assessment for Indian Schools organized by UNSW-THE UNIVERSITY OF NEW SOUTH WALES in the year : 2010

- Passed with a grade 'A' (excellent) in the General English course at the level of EVOLUTION UPPER INTERMEDIATE LEVEL organized by the BRITISH COUNCIL in the year – 2016.

Work Experience :

- Yoga Coach: Rbw fitness, Kolkata – 2021 to 2022
- Yoga Privates – 2021 to Present
- Yoga Instructor, Triyog Fitness - Present

Languages Known : English, Hindi

Fields of Interests: Writing, Dancing, Reading, Public Speaking.

Set of Skills Known : Microsoft Excel, Microsoft word,Creative Writing, Professional Dancing, PowerPointPresentation, Pilates, Teaching.

About Myself : Confident, creative and resilient, I never stop learning. With great communication skills and a zeal for teaching, I guide individuals with passion and a nurturing essence.