

YOGA TEACHER

VEDANTI MUSALE



Passionate yoga teacher with over 3+ years of professional experience in teaching hatha yoga practices. I have completed teacher training course of 200 hours through sayujya yoga, where I had acquired in-depth knowledge about postures, its alignments & different breathing techniques & meditation practices. Along with that I can teach ashtanga vinyasa and different vinyasa flows.

CONTACT

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Education:

Somaiya Vidyavihar University

B.A Yogashastra

2022 - present

Sayujya Yoga

Teacher Training Course 200 Hours

Ashtanga Vinyasa

Work Experience:

Freelancing

Teaching in private and group yoga classes. I have guided & helped my clients achieve their desired fitness goals through customized yoga practices.

Skills:

Physical Skills

Creativity

Active Listening

Empathetic towards students

Communication