

Deepa Pandey

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EMPLOYMENT HISTORY:

- With a deep enthusiasm for yoga & fitness
- Conducted beginner and intermediate level Yoga classes for members.
- Provided guided meditation at the beginning and end of each class to help students center themselves and get the most out of each session.
- Gave in-depth understanding of breathing techniques.
- Addressed incorrect movements and reposition students.
- Provided students with excellent knowledge of human anatomy and impact of asanas on different body parts.
- Built genuine relationships with clients to establish my value as a wellness educator.

EDUCATION:

PARTICULARS	BOARD/INSTITUTION	YEAR OF PASSING	GRADE
SSC	Maharashtra Board	March, 2006	Second Class
HSC (Commerce)	Maharashtra Board	February, 2008	First Class
T.Y.B.com	Mumbai University	April, 2011	Second Class

COURSE:

- 200 hour Yoga training from Nirvikalp yoga centre on March 2020.
- 21 Days Better Living Course from The Yoga Institute, mumbai on December 2020
- Completed 5days Face yoga with Mansi Gulati workshop from Sarva on September 2020
- Completed Face yoga workshop from Creencia on Sep 2021.

VOLUNTEER EXPERIENCE:

- Currently working in Specially Caring Yoga centre as Yoga Instructor from last April 2020 to till now.
- Handling national and International student.
- Taking classes on personal level.

PERSONAL INFORMATION:

Date of Birth: 04th April, 1990

Gender: Female

Marital Status: Married

Personal attributes: Responsibility & Independent Thinking.

Language known: English, Hindi and Marathi

Hobbies: Reading books, Listening Songs and Updating Knowledge, Interact with people.

Declaration

I confirm that the above information provided by me is true to the best of my knowledge and belief.

Date:

(Deepa Pandey)

Place: Mumbai

Signature