

SHEREBANU CHITALWALA

Yoga Instructor

Personal Info

Address

- 1603, Suleman Tower,
Arab Gali, Grant Road (E),
Mumbai - 400 008.

Phone Number

- +91 99202 97103

Email

- zahrayoga@yahoo.com

Languages

- English, Hindi, Marathi,
Gujrati, Urdu

Date of Birth

- 13th January 1985

Hobbies

Socialising

Experience

2018-2019

- Worked as a Yoga Instructor in **Kaivalyadhama** in the year 2019 after completion of Course for 1 and half year

2019 - 2023

- Independently Working as a freelancer for **Zahara Yoga** (Personalised Yoga Trainer.)
- Conducting Classes from my home since 3 years
- Personalized Group Yoga Sessions for Group of 8-9 per batch at various places since **2018**
- Taking online Yoga classes in groups via **ZOOM** since 3 years

Education

HSC Passed In Commerce in the Year 2002

Volunteer Experience

Performed Several yoga Seminar in School in Children Day and other school events

Performed yoga Seminar in Bohara Madanpura Masjid (Nagpada) and Mohammedi Masjid (Nagdevi, Mohammedali Road)

Certificates

Yoga Instructor Course From Kaivalyadhama Marine Drive in the year 2018 - 2019

Diploma in yoga from Premanand Institue dadar

Internet Hobbies

Internet Shavy for Online Day to Day Activities





KAIVALYADHAMA MUMBAI
Ishwardas Chunilal Yogic Health Centre

This is to certify that

SHAREBANO CHITALWALA

have been examined for the
CERTIFICATE COURSE IN YOGA EDUCATION
(October 2018 to February 2019 Weekdays)

And achieved the Grade I in Theory, Grade I In Practical's Practice Teaching & Viva Voce

With overall Grade I

Omprakash Tiwari

Managing Trustee

Date : 24.04.2019



YOGA TEACHER TRAINING CERTIFICATE

This Certificate is Awarded to

"Sharebano Aliqar Chitalwals"

This is to certify completion of a 200 hour Teacher Training Mentorship consisting of training and practice in asana, pranayam, meditation, ethics, philosophy, class structure, planning & teaching practicum.

Franksha

Authorised Signature



Date *"Jan 2019"*

Sharebano

Trainer Signature

www.premianandyoga.net