



SWETA S. PARAB

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OBJECTIVE

To apply for the post of a yoga instructor at Pandey Yog Shala.

EXPERIENCE

As a yoga practitioner

- 10 years experience as a yoga practitioner and rope mallakhamb artist.
- Practicing both classical and power yoga, also involved in performing advance yoga asanas.

As a yoga trainer

- 7 years experience as a yoga assistant.
- 5 years experience as an independent classical and power yoga instructor.
- Experienced in managing yoga and sports classes of children.

AWARDS AND ACKNOWLEDGEMENTS

- Silver medalist in yoga at district level.
- State level yoga player.