



VINEETA SHARMA

Education	Graduate
Certificates	Yoga Trainer "Certified from reputed Yoga Institute " AKSHAR INSTITUTE BANGALORE "India, Healing Therapy Certification, Mudra "Certification.
Experience Status	Over 11 years of teaching and learning Professional Teaching
Mission Statement	Stay Healthy Happy and Joyful Life
Contact	00 9773904641
Location	New Delhi

Background & Summary

Able to demonstrate strong knowledge of **Yoga principles**, excellent communication skills, strong writing skills, and a driven, reliable team player. provide excellent display of various Yoga forms and Asanas whilst performing Yoga and Fitness instruction. The general responsibilities of the classes include the philosophy of Yoga, demonstration and teaching of

- **Asanas**
- **Pranayama**
- **Mudras**
- **Meditation practice and benefits.**
- **Tapping Therapy**
- **Calmness**

Lead group classes.

My main duty as a YOGA MENTOR is to create a curriculum and lead groups through various levels and types of yoga practice.

Demonstrate practice and technique. As the expert using the body to show the correct way to get into poses, the most beneficial breathing patterns, and tips for achieving spiritual wellness.

Offer adjustments and training recommendations. Not all learners, students will be as experienced, need to gently adjust their bodies, provide them with alternative poses and assist them with other parts of their fitness regimens.

"Inhale the future, exhale the past."



YOG IS LIFE WITH VINEETA

YOGA IS JOURNEY OF THE SELF

Skills

Physical fitness and yoga knowledge.

People will have to be in good shape to demonstrate good yoga techniques and offer instruction at advanced levels. The more learned about different yoga series, the more you can offer.

Excellent communication

The most important role of a yoga instructor is to explain how to move the body and what this movement should feel like. You'll need the language and personality to connect with your clients.

Motivational skills

Yoga can be a physical and mental struggle, so ready to push and challenge learners, students, and attendees as well as encourage, pamper and congratulate them to do more.

Contact vineetabhattach@yahoo.com

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