

# EDUCATION

**\*BODHI SCHOOL OF YOGA, HYDERABAD**

**RYT 500, YOGA ALLIANCE USA (2022)**

500 HOURS OF TRAINING PRACTICE AND STUDY OF HATHA YOGA, SCRIPTURAL STUDY, PHILOSOPHY, ETHICS AND LIFESTYLE, ANATOMY, PHYSIOLOGY, PREGNANCY YOGA, SHAT KRIYAS AND BANDHAS, ADVANCE YOGA, THERAPEUTIC YOGA, PRANAYAMA AND MUDRAS

**\*BODHI SCHOOL OF YOGA, HYDERABAD**

**E-RYT 200, YOGA ALLIANCE USA (2020)**

**E-RYTH- THERAPEUTIC YOGA TEACHER TRAINING (2021)**

**AYURVEDA AWARENESS PROGRAM (2021)**

**\*M.Sc Organic Chemistry ( JAMMU UNIVERSITY, 2012)**

**\*B.Ed (RM COLLEGE OF EDUCATION, JAMMU, 2013)**

# WORK EXPERIENCE

**BODHI SCHOOL OF YOGA (YOGA COACH)**

2019-PRESENT

Helping people lose weight in a sustainable, safe, healthy and natural way, ensuring the limitations and adaptability of the clients.

Providing customised meal plans and regular detox sessions making the programme effective. Reversing lifestyle disorders such as thyroid, Pcos, infertility, back pain, sciatica, hypertension, digestive disorders, respiratory disorders etc.

Giving a wide range of yoga sequences and power yoga along with body weight strength training to maintain fun and retention in the sessions. Yoga with props and modifications/ variations as per need.

**GLENMARK PHARMACEUTICALS R&D, MAHAPE (RESEARCH ASSOCIATE)**

2014-2016

Carefully conducting the research and development on new drugs (chemical compounds) for their activity against ailments as per the market needs e.g. Nox-4 project on oncology.

**ELITE ACADEMY, THANE (CHEMISTRY LECTURER)**

2012-2013

Training young aspirants to qualify medical and engineering competitive examinations like CET, NEET ETC with DEVELOPING

# ANCHAL SAHI MUGLANI

**YOGA AND WEIGHT LOSS  
COACH (BACKPAIN  
SPECIALIST)**

## PROFILE

Passionate yoga teacher with over 3+ years of professional experience in designing and leading flow and HATHA yoga classes, completed an Advanced 500-Hour Yoga Teacher Training in BODHI SCHOOL OF YOGA and acquired an in-depth knowledge about postures, breathing techniques, therapies and spiritual elements of yoga teaching. At BODHI SCHOOL OF YOGA in HYDERABAD worked as a LEAD teacher during a 90 DAY and 21 day weight loss program and assisted yoga teacher trainings as a yoga coach. Eager to share my expertise and passion with

students at your esteemed organization.

CONTACT

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skills and time management.

DEODHAR CLASSES, THANE (CHEMISTRY LECTURER)  
2013– 2014

SKILLS

- TIME MANAGEMENT
- ACCOUNTABILITY
- EYE TO DETAIL POSTURE CORRECTION AND ALIGNMENT
- SAFETY
- COMMUNICATION
- KNOWLEDGE ON KINESIOLOGY
- KNOWLEDGE ON PHYSIOLOGY AND ANATOMY
- ADAPTABILITY
- IN DEPTH KNOWLEDGE ON BREATHING AND POSTURES
- MUDRAS AND KRIYAS
- MEDITATION AND MIND RELAXATION
- STRESS RELIEF