Shweta Pandey

Mira Road Mumbai 401107 6387435522] Shweta40454@gmail.com

Objective

Certified and passionate Yoga Teacher with 2 years of experience in leading classes in various yoga styles, including Hatha, Vinyasa, and Ashtanga. Dedicated to promoting physical, mental, and spiritual well-being through customized yoga programs. Seeking to contribute my skills and experience to a reputable yoga studio or wellness center.

Certifications

- Certified Yoga Instructor | Patanjali 2021
- 200-Hour Yoga Teacher Training | Patanjali 2021

Professional Experience

Yoga Teacher

Patanjali - Mumbai

Present

- Lead group and private yoga sessions for students of all levels, focusing on breath control, flexibility, strength, and meditation.
- Develop tailored yoga programs to meet the specific needs of individuals, including beginners, pregnant women, and seniors.
- Educate students on the philosophy and benefits of yoga, promoting holistic wellness.
- · Monitor and assist students with proper alignment and techniques to prevent injuries.
- Organize and conduct workshops, retreats, and special events to engage the community and promote yoga.

Assistant Yoga Teacher

Patanjali - Mumbnai

- Assisted lead instructors in delivering yoga classes by demonstrating poses and providing handson adjustments.
- · Guided students through warm-up exercises and relaxation techniques.
- Helped in the preparation and cleanup of the studio before and after classes.
- Supported in organizing yoga events and managing class schedules.

Education

Post Graduate in Master of Arts

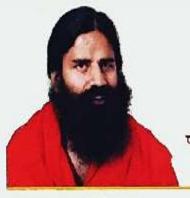
Varanasi 2019

Skills

- Expertise in various yoga styles: Hatha, Vinyasa, Ashtanga, Yin Yoga
- Strong knowledge of anatomy and physiology
- · Meditation and mindfulness techniques
- Excellent communication and interpersonal skills
- Ability to create a positive and inclusive environment for all students
- Event and workshop planning

Additional Information

- Languages: Fluent in English and Hindi
- Volunteer Work: Yoga Instructor for Patanjali
- Interests: Meditation, Ayurveda, Holistic Nutrition





पतंजिल योगपीठ (ट्रस्ट)°, PATANJALI YOGPEETH (TRUST),®

द्वारा संचालित

पतंजिल योग समिति

MUMBAI

..... द्वारा आयोजित

सह-योग शिक्षक प्रशिक्षण प्रमाण-पत्र ASSTT. YOGA TEACHER TRAINING CERTIFICATE (AYT

B. H. SI.No. : AYTTC59959 Aadhar No: 361002829406 निनांक/Date:..

26/10/2024

प्रमाणित किया जाता है कि	श्री/श्रीमती/कुमारी Shweta pandey	प्रा/पत्नी/स	र्पत्रो Premnath shukla
निवासी Hazel 102 hubto	own gardenia Ph-1 15 No busstop Aackruti garden	जिला Thane	राज्य Maharashtra
देशBharat	ने 100 घंटे का अष्टांग योग का बौद्धिक एवं प्रयो	गात्मक प्रशिक्षण एवं व	तर्य क्षेत्र में क्रियात्मक प्रशिक्षण 200 घंटे
सहित कुल 300 घंटे का ये	ोग शिक्षक प्रशिक्षण <mark>A</mark> ग्रेड* में सफलतापूर्वक उर्त्त	ोर्ण किया है।	
This is certifed that Sh	ri/Mrs./Miss/ Shweta pandey	S/o/W/o/D/o	remnath shukla
R/o Hazel 102 hubtown	gardenia Ph-1 15 No busstop Aackruti garden D	isttThane	State Maharashtra
	has completed 100 hours of Ashtang		
practice training of tot	al 300 hours successfully passed withA Gr	ade*.	

सुरेश यादय - भारत स्वाभिमान न्यास , राज्य प्रभारी

State Coordinator, Bharat Swabhiman Nyas

स्वामी परमार्थदेव

Chief Central Coordinator

शिविर आयोजक : भारत स्वाभिमान, युवा-भारत एवं पतंजिल किसान सेवा समिति, राज्य MUMBAI

INITIA आयाजक : भारत स्वाभमान, युवा-भारत एवं पतजाल किसान सवा सामात, राज्य कार्यकार Yog Camp Organizer : BHARAT SWABHIMAN, YUVA BHARAT & PATANJALI KISHAN SEWA SAMITI, STATE MUMBAI पुष्पालयः ऋषि दयान्य ग्राप, निकट यहानराभार, हिद्दार- 249402, उत्तराष्ट्रण्ड (शास्त्र)/HeadOffice -Meharishi Dayanand Gram, Near Bahadrabad, Harawar : 249402, Uttarakhand (India)