Shruti Chandanshive

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# Objective

Looking for job opportunities where I can utilize my experience, knowledge, and passion for yoga to guide students in developing their physical, mental, and spiritual well-being. I aim to create a positive and supportive environment for students to deepen their practice, cultivate mindfulness, and improve their overall health.

# Strength & Skills

● Self-motivated

● Consistent and highly dependable

● Diligent, organized and trustworthy

● Open and receptive to new learning

● Team player and cheerful demeanor

● Flexible and adaptable

# Education

* SVYASA UNIVERSITY, BANGLORE - MSc in Yoga (present)
* YOGA VIDYA NIKETAN, NAVI MUMBAI – Diploma in Yogic Science (2021-22)
* V. G. VAZE COLLEGE, MUMBAI – Bachelor in Mass Media Advertising (2018-21)
* V. G. VAZE COLLEGE, MUMBAI – Higher Secondary Certification (2016-18)

# Certification

* UTSAV INSTITUTE, MUMBAI - Yoga Instructor’s Course (2022)

# EXPERIENCE

CHAITANYA YOGALAYA , NAVI MUMBAI - Assistant Yoga Teacher

* Assisted the lead yoga teacher in creating and executing yoga classes for students of various skill levels.
* Provided one-on-one support and guidance to students during yoga classes, helping them to improve their form and alignment.
* Demonstrated yoga poses and sequences for students, and provided verbal cues to help them understand and execute each movement correctly.
* Assisted with administrative tasks such as managing student attendance, updating class schedules, and responding to inquiries from potential students.

# Key Competencies

YOGA STYLES:

* Hatha Yoga
* Pranayama
* Meditation
* Breathing Techniques
* Krida Yoga
* Shatkriyas
* Bandha – Mudra

# Language skills

English, Hindi, Marathi

# Computer skills

Proficient in Microsoft Office Suite

# Declaration

I hereby declare that the information given here is correct to my knowledge and I will be responsible for any discrepancy. If I sound like someone who would be a great addition to your team, I’d love to come in and chat with you at your convenience.

Thanks & Regards,

Shruti Chandanshive