# Ms. Sarita Ramesh Kadam

# Mrs. Sarita Shailesh Bhalekar

**Address:** Room no.2, Bansi chaal Datt pada road Rajan Nagar near welcome hotel Mumbai Borivali East

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Summary of Qualifications

Passionate yoga teacher with over 2+ years of professional experience in leading Ashtanga, hatha and vinyasa yoga classes. Completed a 500-Hour Yoga Teacher Training, acquired an in-depth knowledge about postures, breathing techniques, and spiritual elements of yoga teaching.

Work Experience

**HR Recruiter**

Aim Technical & Management Services Pvt. Ltd. (21st May 2016 – 2019)

**Yoga Instructor (Dec 2019 – Till)**

Planned and instructed a variety of Vinyasa-based yoga classes.

Instructed students on how to safely get into poses and how to breathe correctly.

Shared the knowledge of yoga and helped to resolve any doubts regarding physical and spiritual aspects of the practice.

Provide classes to Home Classes, GROUP Classes, Online Classes

Controlled students’ postures to help them avoid any injuries.

**Education and Certificates**

J.M Patel College of Commerce

TYBCOM

Completion: March 2016

**Advanced 200-Hour Yoga Teacher Training**

BODHI Yoga Training Academy Hyderabad, India

Completion: June 2021

Advanced 300- Hour RYT

RudrayogPeeth Yoga Ashram Rishikesh, India

 Completion : November 2022

**Skills**

Physical skills

Versatility

Adaptability

Stress management

Breathing techniques

Creativity

Self-motivation

Mentoring

Communication

Time management