

PRAVEER PATTANAYAK

Certified Yoga Teacher and Naturo Therapist
+91-8291640323

POSITION ENVISAGED :

To be a part of an enterprising organization that requires hard working, sincere and dedicated, looking forward to work in an environment, which can help me merge my creative and ideas with my management /yogic skills.

INSTITUTE: KAIVALYADHAM, LONAVALA (MAHARASHTRA)
Certificate Course in Yoga (Nov – Dec 2017)

- Trained in principles of Yoga systematically and scientifically according to Principles of Education.
- Equipped with basic knowledge of Anatomy, Physiology Education and Psychology.
- Proficient in Yogic Asanas, Bandhas, Mudras, Pranayamas, Kriyas etc.
- Trained in individual and group teaching.

INSTITUTE: **Yoga Vidya Niketan, Vashi (Maharashtra)**
DIPLOMA in Yogic Therapy, Natural Living & Naturopathy for Yoga & Naturo -Therapy
(2019-2020)

- Systematically and scientifically trained in the theoretical and practical aspects of Yogic Therapy, Natural Living and Naturopathy and also aware of the limitations thereof.
- Knowledge of multiple important disorders relating to various systems of the human body And can apply the role and efficacy of Yogic Therapy, Natural Living and Naturopathy indealing with such disorders.
- Proficient in application of suitable practices of Yogic Therapy, Natural Living and Naturopathy for effective prevention, control and management of various common psycho-somatic diseases/disorders.

Freelanced Yoga Classes (2018 - Present)

- Regular online and offline classes for regular well-being and fitness.