

# Curriculum Vitae

Female

D.O.B. 01 December 1989

Number of years working in industry:

2 years 9 months



**Candidate ID Number:** 183617

**Nationality:** Indian

**Language Skills:**

Fluent: English, Hindi, Tamil, Malayalam

Basic: German

**Permitted to work in:** India

**Position Sought:** Holistic Therapist, Fitness Professional, Yoga / Pilates Teacher, Receptionist, Meditation and yoga educator

## Personal Statement

I am an intuitive and empathetic yoga educator passionate about making authentic, traditional Ashtanga Yoga accessible to all. My goal is to create transformative wellness experiences that go beyond the physical, helping individuals cultivate mental clarity, emotional resilience, and a deeper connection to themselves. At present, I am dedicated to expanding my impact by integrating ancient yogic wisdom with modern holistic practices, ensuring that more people experience the profound benefits of yoga as a way of life.

Seeking work in national and international locations

## Employment History:

**May 2023 - Present - Yoga TTC trainer** at (most recent employer hidden for confidentiality) Trivandrum , India, (College)

### Duties included:

I am a dedicated yoga, meditation, and holistic wellness educator with a deep passion for guiding individuals on their journey to physical, mental, and emotional well-being. Rooted in the ancient wisdom of Ashtanga Yoga, my experience spans conducting personalized and group wellness programs, leading immersive teacher training courses, and integrating therapeutic yoga techniques for stress relief, pain management, and emotional healing.

Through my work with Yoga Sammrudhi, I have designed and facilitated transformative retreats, mindfulness workshops, and customized healing programs that bridge traditional yoga practices with modern wellness needs. As a yoga teacher training instructor at Samyoga, I have mentored aspiring yoga educators, ensuring they develop the necessary skills, knowledge, and confidence to teach with authenticity and depth. My role at Ayursoul has further deepened my ability to combine yoga with Ayurvedic healing, working alongside wellness experts to create holistic recovery plans tailored to individual needs.

I am seeking an opportunity to bring my expertise to a reputed wellness brand where I can contribute meaningfully while continuing to grow professionally. My ability to connect with diverse individuals, communicate effectively, and create a welcoming and transformative space for healing allows me to make a lasting impact. I aspire to be part of a team that values authenticity, well-being, and continuous learning, where I can refine my skills, explore new dimensions of holistic wellness, and help more people experience the profound benefits of yoga, meditation, and mindfulness.

### Products worked with:

\* teachers training

## Education and Qualifications:

### 2023 Samyoga yoga karyalaya

Certificate in Registered Yoga Teacher 200 hours

Yoga and Wellness

## Vocational Qualifications

Yogic healing

yoga Nidra relaxation

## Hobbies and Interests

I am a passionate yoga, meditation, and holistic wellness educator dedicated to guiding individuals toward physical, mental, and emotional well-being. Rooted in Ashtanga Yoga, my expertise spans personalized and group programs, teacher training, and therapeutic yoga for stress relief, pain management, and emotional healing.

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