

## SATHYAVATHI - YOGA INSTRUCTOR

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Hinkal Mysuru-570017



### CAREER OBJECTIVE:

Energetic group fitness instructor and personal trainer with strong background. Strength trainer, fitness trainer, pilates yoga, weight loss trainer with health and fitness goals to provide high quality yoga teaching, training and guiding the students to develop their knowledge by applying wide principles of yogic philosophy & psychology.

### EXPERIENCE:

**Six years of yoga teaching experience as teacher ,trainer ,personal trainer in following categories:**

- Yoga instructor at "*Mysore Vivekananda Yoga Education and Research Institute*" since five years
- Yoga instructor at "*Podar international school*" for the past 4 Years.
- Working as Yoga Trainer at *De Paul International School* Mysuru.
- Yoga therapy and general yoga classes, Personal trainer to public and students.

### ORGANIZATION AND ADMINISTRATIVE EXPERIENCE :

- Yoga Trainer in *International Yoga day* 2017,2018 and 2019 at Mysuru.
- Yoga Trainer in *Longest Yoga Chain Guinness World Record Attempt Event* at Mysuru [2017].
- Worked as *Referee in State Level Yoga Competition* held at Dasara, Bellary, Belagavi and Sirsi

### ACADEMIC DETAILS:

- Successfully completed and passed with distinction *YTTC (Yoga Teacher Training Course)* from "*Mysore Vivekananda Yoga Education and Research Center*" [2014]

- Successfully completed and passed with distinction *AVTC (Astanga Vinyasa Teaching Course)* from *Karnataka State open University Mysore*[2015]
- Successfully completed and passed with *Grade A Referee Exam Karnataka State Amateur Yoga Sport Association (R)* [2017]
- Successfully completed and passed with distinction *PGDYEd (Post graduation Diploma in Yoga Education)* from *Mysore Vivekananda Yoga Education and Research Institute* [2017]
- Successfully completed and passed ("A" Grade) *Skill India RPL Exam Level 5* from Mysore conducted by Government of India [2017]
- Practiced *Iyengar Yoga* with props at "*Yoga with srinath institution*" in Gokulam, Mysore

#### **WORKSHOPS AND CONFERENCE:**

- "*Alignment and Adjustment of Asana Workshop*" at Mysore Vivekananda Yoga Education and Research Institution.
- Participate as delegate in International conference on *Yoga for Heart Care-2019* at Mysore.

#### **Yoga forms / Specialization:**

- Astanga yoga
- Yogasana – Hatha Yoga
- Yogasana – Ashtanga Vinyasa Krama
- Yogasana – Advance Yoga
- Yogasana - Power Yoga
- Yogasana – Rope Yoga
- Yogasana - Aerial yoga
- Pranayama
- Kriya, Bandha and Mudra
- Meditation
- Iyengar Yoga- props Yoga

**AWARDS:**

- **“Best Teacher Award”** at *Mysore Vivekananda Yoga Education and Research Institution* [2016]
- **“Yoga Achiever Award”** by *Mysuru Yoga Sports foundation (YSF) Mysuru* [2018]
- **“Eveready Award”** by *Podar International school* [2019]

**PERSONALDETAILS**

**Date of Birth:** 10.02.1983

**Address:** :#639 Hosa beedi Vinayaka Road, Hinkal, Mysuru-570017

**Languages Known:** English &Kannada

**Nationality:** Indian

**Declaration:**

The above particulars are true. I hereby request your good self to provide me an opportunity to serve in your esteemed institution.

**Place:** Mysuru

**Yours faithfully**

**Date:**

**(Sathyavathi)**





