

AMIT SHINDE



Yoga Alliance Certified Teacher

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CERTIFICATIONS

2017

200+ Hours Yoga Teacher Training

The Yoga Institute, Mumbai

2019

Healer & Wellness Advisor

Energy Code & Emotion

Freedom Technique (EFT)

(Energy / Medicine Academy)

SKILLS

- Group instructions
- Anatomy & Breathing techniques
- Strong communication skills
- Demonstrating Asanas
- Knowledge of Yoga pose modifications
- Form expertise & social services
- Adaptable & professional
- Understanding teacher

KNOW YOUR TEACHER

Experienced and passionate Yog Teacher/Instructor with a vast teaching experience since 2017 in Hatha, Ashtanga Vinyasa approaches. My approach blends physical practice with mindfulness and breath work to support holistic wellness.

Committed about helping and counseling my clients to strengthen their bodies for functional living while receiving the relaxation benefits of Yoga.

WORK EXPERIENCE

- Conducting Group Online/Offline Classes 6 days/week
- Private Yog sessions for clients of various skill levels.
- Specialized in Hatha, Ashtanga, Vinyasa, Restorative & Therapeutic Yog techniques, with 8 years of teaching experience.
- Developed personalized wellness plans integrating Breathwork, Meditation, and Physical postures.
- Led workshops and wellness retreats, promoting holistic health practices.
- Free webinars on International Yoga Day, Women's Day & Mothers Day since 2020.

Corporate Yog Sessions

Faculty in offline mass yoga retreat - "YOGA on STREET" initiative by Charkop Cultural Sports Foundation on every International Yoga Day since 2021 (avg of 4K participants)