



SUJIT KUMAR TIWARI

Mumbai, 401107

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Professional Summary

- Experienced online yoga teacher with a passion for sharing the benefits of yoga with students worldwide. Skilled in creating engaging and transformative virtual classes, workshops, and courses that cater to diverse needs and levels. Proficient in various yoga styles. Committed to helping students cultivate physical, mental, and emotional well-being through the practice of yoga. Strong communication and interpersonal skills, with the ability to adapt to different learning styles and create a supportive online community.

Experience

- MyYogaTeacher Pvt LTD** December 2020 - Till now
Yoga Teacher Therapist
 - Completed 8000+ Session with 1600+ reviews. Achieved higher client satisfaction by creating customised yoga sessions to address individual needs and goals.
 - Working with USA,UK, Canada, Europe, Australia based students with different goals like Body weight loss, strength and flexibility, aches and pains. stress and anxiety etc.
 - Led Style based Group classes like Kundalini Yoga, Ashtanga Yoga, Vinyasa Yoga, Hath Yoga, Power Yoga, Yoga with weights, Kids Yoga, Chakra sound healing, Gentle Yoga, Iyengar Yoga, Yin Yoga, Chair Yoga.
 - Energise and empower students with insight and enthusiasm
 - Increased client retention by consistently providing high-quality instruction and adapting teaching methods based on feedback.
 - Improved clients' mental well-being through mindful meditation practices and stress-relief techniques in each session.
 - Coordinated with other wellness professionals such as nutritionists or physical therapists to provide comprehensive care for clients seeking holistic well-being solutions.
- Cure fit PVT LTD** June 2019 - February 2020
Yoga Instructor
 - Provided guidance and instruction on breathing techniques, meditation and other elements of yoga practice.
 - Planned and led yoga classes by selecting appropriate poses and sequences to meet abilities of students.

Education

- Uttarakhand Open University** 2019-04
Masters of Arts:Yoga
- Kaivalyadhama Yoga Institute** 2019
Diploma: Yoga Education
- Indian Yoga Association** 2019-03
QCI Level II
- Kaivalyadham Yoga Institute** 2017-04

- **Mumbai University**
Bachelors of Accounting & Finance

Skills

- body weight loss, back pain, Hypertension management mastery. Mindfulness meditation techniques
Advanced asana techniques Chakra balancing techniques Breathing techniques,Pranayama expertise
Postnatal yoga guidance Yoga for Kids Yoga for athletes Ayurveda and nutrition fundamentals