

Kranthi Vasa

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S-VYASA

Swami Vivekananda Yoga
Anusandhana Samsthana

Objective:

To be associated with an organization / Institution that challenges my capabilities and provides me with a constant path for growth in improving my skills.

Qualifications:

- Certified Yoga instructor from SVYASA, Bengaluru.
- Completed 300hour of yoga teacher training from SVYASA, Bengaluru.
- Completed Kids Yoga Teacher Training for ages (2-17) from Udemy.
- A balanced Nutrition program from Yogire a program from the ISHA foundation.
- Attended Garbha Jnana course from SVYASA.
- I have experience in teaching yoga to children and adults.
- I have been practicing yoga for the past 7+ years: Traditional Hatha yoga, Pranayama, Deep Meditation and Relaxation, and Vinyasa.

Experience:

- Currently working as a yoga teacher at Basil Woods International School, Gunjur.
- Worked in The Foundation School, Gunjur as a yoga teacher (2022 -2023).
- Conduct yoga classes in VRS apartment, Varthur.
- Worked in Rainbow pre-school in Varthur.
- Have done a Multimedia course for doing computer-animated jobs.

Strengths:

- Good grasping power
- Easy learner
- Flexible to try new things.
- Good communication skills Leadership

Personal Details:

Husband: Mallikarjun Vasa

Residence: 312, VRS Citadel apartment. Varthur.

Languages: English, Telugu, and Hindi

All the furnished details are true to the best of my knowledge.

Thanking you

V Kranthi