



Durva Adarkar

REGISTERED YOGA TRAINER
ILLUSTRATOR & PRODUCT DESIGNER



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Maharashtra



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PROFILE

As a dedicated **Yoga and Art Teacher**, I bring a unique **blend of creativity, mindfulness, and holistic wellness** to my **teaching practice**. With over 2.5 years of experience in guiding students of all ages and backgrounds, I am committed to fostering a supportive and inclusive environment where **individuals can explore their inner selves and express their creativity**. My expertise in various yoga disciplines, coupled with a strong foundation in arts, allows me to create enriching programs that promote **physical well-being, mental clarity, and artistic growth**.

SOFT SKILLS

Team Player	Good Communicator
Creative Thinker	Empathetic
Keen learner	Presentation skills

LANGUAGES KNOWN

Marathi (Mother Tongue)
English
Hindi

HOBBIES

Travelling	Journaling
Trekking	Badminton
Doodling	Reading

WORK EXPERIENCE

YOGA TRAINER

March 24 - Current

Mind The Habits (Freelancing)

Work as a yoga trainer with **medical assistant** for various **physical and mental ailments** through yoga disciplines.

DESIGN FACULTY

Oct 22 - March 24

B.K.Birla Public School Kalyan (ARK Infosolutions)

Taught the tool of **Design Thinking** and its application in various fields like - website design, application design as a problem solving practice. (Grade 6 to Grade 10)

DESIGN EXPERT

Feb 23 - Oct 23

The Curious Bees

Designed **pre-educational kits for toddlers** of (0 - 6 yrs). Right from **ideation of the product** to **designing and packaging design** of the product. Also designed captivating graphics for marketing campaigns.

EDUCATIONAL QUALIFICATION

Registered Yoga Trainer with Yoga Alliance USA

The Ashtanga Institute of Yoga & Naturopathy

DIPLOMA IN UI/UX DESIGN - DESIGN THINKING

Edit Institute

CERTIFICATION IN GRAPHICS & ADVANCE GRAPHICS DESIGNING

Keerti Computer Institute

HIGHER SECONDARY CERTIFICATE

Wamanrao Muranjan Madhyamik Vidyalaya & Junior College

HIGHER SECONDARY CERTIFICATE

Holy Angels High School & Jr. College - 2016

EXTRA CURRICULAR ACTIVITIES

Corporate Yoga Session

Freelance Based

Art Therapy Workshops

Freelancer - Institute of Psychological Health

Brush & Breath (brush_n_breath)

An self Initiative to share the benefits of yoga and art to all.