

Ankita Salani

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PROFESSIONAL SUMMARY

Professional Yoga Teacher and Nutritionist

As a dedicated and enthusiastic yoga teacher, I bring a wealth of experience in fitness and wellness to design engaging and transformative classes. My approach integrates deep knowledge of physiology with mindful teaching practices, ensuring each session maximizes participant interest, enjoyment, and overall well-being.

I specialize in creating tailored yoga programs that cater to various skill levels and physical abilities, helping individuals achieve their fitness goals while fostering a holistic sense of health and tranquillity. My commitment to continuous learning and personal practice keeps me at the forefront of the latest developments in yoga and wellness, enabling me to offer the most effective and inspiring instruction possible.

Whether you're new to yoga or an experienced practitioner, I strive to make each class a unique and enriching experience that supports your journey toward better health and mindfulness.

EDUCATION

Shri Lal Bahadur Shastri National Sanskrit University

2022 - 2024

Master's in yoga science

Core Subjects:

Fundamental principles of Yoga and Bhagwat Geeta & Samkhya karika.
Principal & Methods of yoga teaching and Principal of hatha yoga
Practical Yoga, Principal & Methods of yoga teaching and Yoga therapy
Yoga And Health, Upanishad, Darshan & Sanskrit
Principal of Naturopathy, Discipline specific Elective
Marma Therapy, Practical Yoga.
Discipline specific Elective

Maharishi University of Information Technology Noida

2023 -2024

Post graduation Diploma in Diet And Nutrition

Core Subjects:

Science of consciousness and Pancha Karma
Modern food and nutrition
Ayurveda Meal and Diet and Life Style Disorder

Delhi University (SOL)

2017 - 2020

Bachelor of Arts

Core Subjects:

English, Hindi, Political Science, Education, Human Rights, Gender & Environment

SKILLS

- **“Knowledge of Yoga Philosophy and Principles**
Understanding and teaching the foundational texts like the Yoga Sutras of Patanjali and the Bhagavad Gita.
- **“Proficiency in Asana Practice**
Expertise in performing and instructing fundamental and advanced poses such as Tadasana (Mountain Pose), Adho Mukha Svanasana (Downward-Facing Dog), and Sirsasana (Headstand).
- **“Anatomy and Physiology Awareness**
Knowledge of human anatomy to safely guide students through poses like Trikonasana (Triangle Pose) and Bhujangasana (Cobra Pose).
- **“Effective Communication Skills**
Ability to give clear, concise instructions and cues during poses like Virabhadrasana (Warrior Pose) and Vrikshasana (Tree Pose).
- **“Observation and Adjustment Skills**
Skill in observing students' form and making appropriate adjustments, especially in poses such as Utkatasana (Chair Pose) and Paschimottanasana (Seated Forward Bend).
- **“Sequencing and Class Planning**
Ability to create balanced class sequences that flow smoothly, incorporating poses like Surya Namaskar (Sun Salutation) and Ardha Chandrasana (Half Moon Pose).
- **“Pranayama Techniques**
Proficiency in teaching breathing exercises such as Anulom Vilom (Alternate Nostril Breathing) and Kapalabhati (Skull Shining Breath).
- **“Meditation and Mindfulness Practices**
Guiding students through meditation and relaxation techniques, often ending classes with Savasana (Corpse Pose).
- **“Adaptability and Modifications**
Skill in offering modifications for various skill levels and physical limitations, ensuring poses like Padmasana (Lotus Pose) and Balasana (Child's Pose) are accessible to all.
- **“Continuous Learning and Personal Practice**
Commitment to ongoing education and personal practice to deepen understanding and proficiency in poses like Garudasana (Eagle Pose) and Halasana (Plow Pose).

CERTIFICATIONS

YOGA CERTIFICATION'S

1. Foundation Certificate course in Yoga science for wellness.-2020
2. Certificate course in Yoga for protocol instructor.-2020
3. certificate course In Yoga for wellness instructor.-2022

INTERESTS

Interests & Hobbies: I have a strong passion for cooking and love experimenting with new recipes and cuisines in my kitchen. Exploring different flavors and creating delicious meals brings me immense joy and satisfaction. Additionally, I have a deep-seated love for travel and am always eager to embark on adventures to new and exciting destinations. Whether it's immersing myself in the local culture, sampling authentic cuisines, or marveling at breathtaking landscapes, I cherish every moment spent exploring the world. In my spare time, I also enjoy playing on my PlayStation and staying up to date with the latest advancements in technology, as well as tinkering with new devices and software to expand my knowledge and skills.

