



# Shikha Dwivedi

Yoga Trainer

*I am Professional yoga trainer on a journey of holistic wellness. With a deep-rooted spiritual connection and a commitment to fostering physical and mental well-being*

## SKILLS

- Counselling
- Diet consultation
- Vinyasa Flow
- Lifestyle Coaching
- Chakra System Understanding
- Prenatal Yoga Expertise
- Yoga For Students
- Yoga Nidra Instruction
- Ayurveda Fundamentals
- Corporate Yoga
- Stress & Anxiety Management
- Acupressure therapy
- Hatha Yoga
- Balancing Yoga
- Meditation and Mindfulness Practices
- Advanced Asana Knowledge
- Yoga For Sportperson
- In-depth Anatomy Understanding
- Yoga History Knowledge
- Breathing Techniques Expertise
- Balancing Yoga

## EDUCATION

### Bachelor of Arts (B.A.) in English Lita

• Mahatma Jyotiba Phule Rohilkhand University, Bareilly

Jul 2002

### Master of Arts (M.A.) in Fine Arts

• Mahatma Jyotiba Phule Rohilkhand University, Bareilly

Jul 2009

### L.LB in Law

• Mahatma Jyotiba Phule Rohilkhand University, Bareilly

Jul 2013

## CERTIFICATIONS

- RYT 200 Hours Certification In Yoga By Yoga Alliance