

## **Jayalakshmi S, Yoga Instructor**

Tutor in Asana Andiappan, Chennai, TN

June 2017–Present

- Planned and instructed a variety of Hatha-based yoga classes.
- Instructed students on how to safely get into poses and how to breathe correctly.
- Shared the knowledge of yoga and helped to resolve any doubts regarding physical and spiritual aspects of the practice.
- Controlled students postures to help them avoid any injuries.

### **Key Achievement**

- Maintaining positive atmosphere during the classes helped to increase attendance by 60% in the course of 6 months.

### **Education and Certificates**

#### **Advanced Diploma in Yoga & Naturopathy Science**

Completion: June 2019

#### **BSS Diploma in Yoga Teacher Education**

Completion: May 2016

### **Skills**

- Physical skills
- Versatility
- Adaptability
- Stress management
- Breathing techniques
- Creativity
- Self-motivation
- Knowledge of anatomy
- Mentoring
- Communication
- Time management