

Amit V Katkoria | Yoga Maestro

Dedicated and seasoned Yoga Instructor on a mission to elevate overall well-being through the art of yoga. A virtuoso in various yogic disciplines, I specialize in guiding students to transcend their physical and spiritual limits while maintaining an unwavering centered approach.



Renowned for crafting a secure and all-embracing environment, I provide bespoke attention to students, curating an uplifting and enjoyable learning experience. Endowed with a 500 Hrs Yoga Alliance Certification, I seamlessly integrate traditional principles with cutting-edge teaching methods, ensuring unique and dynamic yoga practice.



My commitment to perpetual learning and holistic wellness is the cornerstone of my teaching ethos. Fluent in English, Hindi, Gujarati, and Marathi, I excel in customizing yoga programs to individual needs. Armed with a robust foundation in various yoga principles, I specialize in tailoring programs for diverse groups, creating a harmonious and enjoyable atmosphere.



As a perpetual learner, my expertise spans asana, pranayama, meditation, and overall wellness. With a 500 Hrs Yoga Alliance Certification, I departed from the corporate realm in 2016 to fully immerse myself in the transformative world of Yoga. Today, I passionately impart my knowledge and passion at Yoga Bliss Teacher Training and Yoopune instilling a sense of enthusiasm and compassion for the ultimate well-being of my students.

