



## MEET YOUR YOGA TEACHER

*Sneha Sharma*

Namaste! I'm Sneha. Your yoga bestie and guide on the mat. I'm not just here to teach yoga. I'm here to help you fall in love with it!

With over 12 years of teaching experience and a deep academic foundation in yoga, I bring a blend of traditional Modern, and personal care into every session. I hold a Bachelor's Degree in Yogic Science, and I'm a certified:

200-Hour Yoga Teacher (YTTC)

Prenatal & Postnatal Yoga Teacher

Face Yoga Instructor

Trapeze Yoga Instructor

So far, I've had the privilege of guiding 500+ students from all walks of life helping them build strength, gain flexibility, improve posture, boost confidence, and most importantly, reconnect with themselves.

My teaching style is rooted in compassion, alignment, and mindful movement. Whether you're a beginner or a seasoned practitioner, my classes are designed to meet you where you are and help you flow, flex, and find your balance on and off the mat.

Let's embark on this beautiful journey of transformation together.