

Yoga for Health and Fitness

- ✓ Myself Chandrabhan Zarekar certified Senior Yoga teacher have successfully completed one year of diploma course from Kaivalyadhama Yoga Institute & Research Center in the year 1990-91.
- ✓ Talking about my experience in yoga I have worked for almost 2years in Kaivalyadhama Yoga Institute.
- ✓ I have also been giving home tuitions for more than 20yrs.
- ✓ I have been able to deliver my best of Yoga training to my students and encourage them to understand Yoga and its benefits more deeply through my teaching.
- ✓ Deputed by Kavilydhama yoga institution as yoga teacher in marathi medium school for teaching yoga to 9th std students for one month in a year for past 3years.
- ✓ I have also worked in one of the company as an Yoga Instructor for almost 9months which was very much beneficial for the Industry workers/employees as it helped them for Stress management and remain fit the whole day.
- ✓ Sharing experience of one of my student who is 76yrs old with high B.P and diabetes. With my guidance and yoga training he has received tremendous improvement in his health by regularly practicing pranayam, asanas and meditation under my guidance.