



## SUREKHA HARMALKAR

### YOGA & WELLNESS COACH

Experienced Yoga Instructor bringing 5-year record in health and wellness roles. Eager to help students improve wellness through Hatha yoga, Ashtanga Yoga and HIIT and Pilates classes. Skilled Yoga Instructor certified by the Ministry of Ayush and familiar with Hatha yoga, Vinyasa and Ashtanga styles. Builds effective relationships with students of all backgrounds and skill levels. Hardworking, dedicated, and supportive with excellent communication and problem-solving abilities. Knowledgeable Yoga Instructor offering 5 years of experience as a group fitness instructor. Leverages diverse styles and techniques for different skill levels. A caring, patient and observant leader with an educational style. Passionate Yoga Instructor is adept at working with as many as 25 students each week across a range of classes. Well-versed in compliance requirements, safety, and customer relationship management. Energetic Trainer with thorough knowledge of diverse strength training programs and group classes. Versed in assessing client fitness levels and safely supporting goals.



## **WORK HISTORY**

2020-06 - **Yoga Therapist & Wellness Coach**

Current *FOUNDER OF BREATH YOGA, MUMBAI*

- Developed safe and effective exercise programs for class members.
- Maintained positive relationships with class members through personalized and knowledgeable service.
- Explained different yoga styles and poses to students.
- Stayed current with fitness trends and adjusted to the needs and wants of class participants.
- Offered friendly and efficient service to students, and handled challenging situations with ease.
- Led up to 25 classes per week

## **EDUCATION**

2021-10 – **Masters in yoga Shastra**

2023-07 *KAIVALYADHAM YOGA INSTITUTE - MUMBAI*

2020-09 - **Diploma in Yogatherapy &**

2021-08 **Naturotherapy**

*Yoga Vidhya Niketan - Vashi*

1999-04 - **Bachelor of Science: Chemistry**

2002-03 *Satish Pradhan Dhyansadhana College - Mumbai*



## **AFFILIATIONS**

**Ministry Of Ayush  
Yoga Vidhyaniketan  
Kaivalyadham Yoga Institute  
Core Pilates Trainer from Reebok Instructors Alliance**

## **SKILLS**

**Rehabilitation techniques  
Safety Awareness  
Attention to details  
Problem-solving  
Active Listening  
Completed 500 hours of Teacher Training from the Ministry of  
Ayush  
Completed Core Pilates Trainer course from REEBOK  
INSTRUCTORS' ALLIANCE**