



# Anuradha Sharma

Certified Yoga Teacher

## PROFILE

A Certified Yoga Teacher with practicing experience of more than 30 years in the field. Holds diplomas in 'Yogic Science' and 'Naturopathy' both from Yoga Vidya Niketan, Navi Mumbai. Also, an MA in Yoga Shastra from Kavi Kulguru Kalidas Sanskrit University, Nagpur.

Apart from Yoga, have a deep interest in music with MA & M Phil qualifications in vocal music from Kurukshetra University.

Currently, associated with United Consciousness.

Passionate to promotion of wellness and natural living.

## CONTACT

PHONE:  
+91 99303 59604

EMAIL:  
anuradha.rajiv.1989@gmail.com

## HOBBIES

Yoga  
Singing  
Walking & Running

## EDUCATION

MA Yoga Shashtra  
Kavi Kulguru Kalidas Sanskrit University, Nagpur  
From 2022 to 2024

Diploma in Naturopathy  
Yoga Vidya Niketan, Navi Mumbai  
From 2016

Diploma in Yogic Science  
Yoga Vidya Niketan, Navi Mumbai  
From 2015

## PROFESSIONAL EXPERIENCE

### Currently

March 2020 onwards

Conducting regular yoga sessions in virtual and physical mode

### Bliss Yoga & Fitness Studio - Yoga Teacher (Studio Owner)

January 2019 – February 2020

Set up a Yoga Studio and ran it for more than 1 year, assisted by a junior instructor, till onset of Covid Pandemic

### Freelance - Yoga Teacher at Navi Mumbai & ON, Canada

June 2015 – January 2019

Conducted regular yoga sessions at home

### Yoga Vidya Niketan - Yoga Teacher

May 2015

Organised one month summer camp, as a part of my Yoga Teacher Training

## SKILLS AND ACHIEVEMENTS

Specialist in traditional Asanas, Pranayama, Bandhas, Mudras etc.

Yoga teaching for pre-natal and post-natal.

Completed 108 surya-namaskar on 21st June 2023 conducted by Yashwantrao Chavan Maharashtra Open University.

Conducted special yoga sessions on International Yoga Day in Navi Mumbai

Conducted one day special yoga sessions in Army Cantonment, Kalina, Mumbai