



# JOURNEY OF YOGA

RITUALS FOR EVERY DAY AND  
EVERY SEASON



## RAJANI PAWAR

Welcome to my world of yoga and wellness! With 9 years of experience as a Yoga Instructor, I bring a unique blend of compassion and expertise to guide you on a transformative journey. From boosting class sizes with clear instruction to designing personalized fitness plans, my approach is holistic and empowering.

Join me as we explore the profound connection between mind, body, and spirit, unlocking the secrets to lasting health and happiness. This is not just a book; it's an invitation to embark on a journey of self-discovery and well-being.

**@yogawithrajani**

# RAJANI PAWAR

Yoga Trainer



+91 9082552282



rajanipawar76@gmail.com



Kurla, Mumbai



4 June, 1976



Married

## SKILLS

- Yoga programme development
- Power Yoga
- Pilates
- Mindful meditation
- Teaching safe stretching
- Breathing exercises.
- Mantra knowledge
- Yoga pose teaching

## CERTIFICATIONS

- Yoga Teacher Training certified
- Level 1 Yoga Teacher Training Diploma (2019)
- International Yoga Teacher Training

## SOCIAL WORK

- Pinkathon Ambassador
- Ear 2 Hear Regional Influencer From Maharashtra

## SUMMARY

- 9 years as a Yoga Instructor in health and wellness.
- Skilled in diverse teaching strategies for all skill levels.
- Compassionate and direct in teaching approach.
- Qualified in vinyasa, hatha, and restorative practices.
- Boosts class sizes with clear instruction, enhancing studio loyalty.
- Proven fitness coach improving strength and overall fitness.
- Designs personalized fitness plans, offers constant motivation.
- First aid trained with expertise in body anatomy and rehabilitation.

## EXPERIENCE

### Yoga Instructor

#### Self Employed MUMBAI, Maharashtra

- Ensured safety standards, kept up with education for compliance.
- Built strong member relationships with exceptional service.
- Managed group fitness schedules, focusing on meditation and mindfulness.
- Demonstrated yoga poses seamlessly to guide and instruct.
- Monitored fitness levels, suggested lifestyle and diet tips.
- Observed and corrected exercises for proper technique.
- Used props for diverse attendee needs and alignment.

## EDUCATION

### 2023

NDDY: Naturopathy Gandhi National Academy of Naturopathy-New Delhi, DL

### 1995

Certificate of Higher Education: Physical Fitness Akola Government High School-Mumbai, MH



Yoga Event At Shivaji Park

**Dr Hansaji Yogendra is the director of The Yoga Institute, Mumbai and president of the Indian Yoga Association (IYA). She is an exemplary yogi, philanthropist, scholar, internationally-renowned spiritual guru, wellness mentor and thought leader.**



PINKATHON EVENT  
- LEAD KURLA TEAM



20 Push-up in front of Milind Soman

**Milind Usha Soman is an Indian actor, model, film producer, and fitness enthusiast.**



Ear To Hear- Regional Influencer (Mumbai Region)

**Awarded for Social Initiative for Mental Health by Richa Mehta at Delhi  
Second Annual Meet & Women Empowerment Awards 2023**



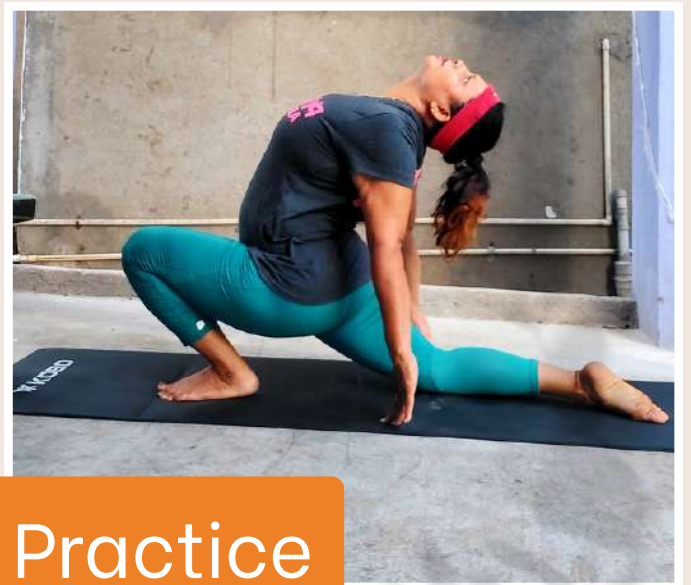
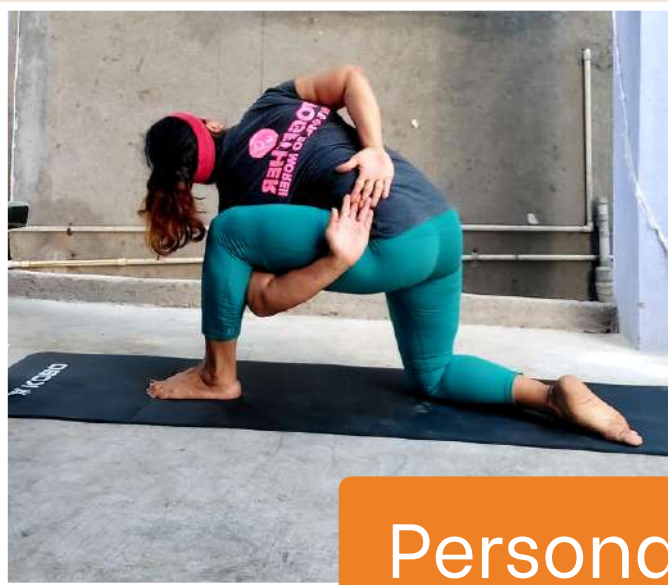




# Shirshasana

## Practice





Personal Practice





# Pandemic Time

Conduct Online Yoga classes





memories

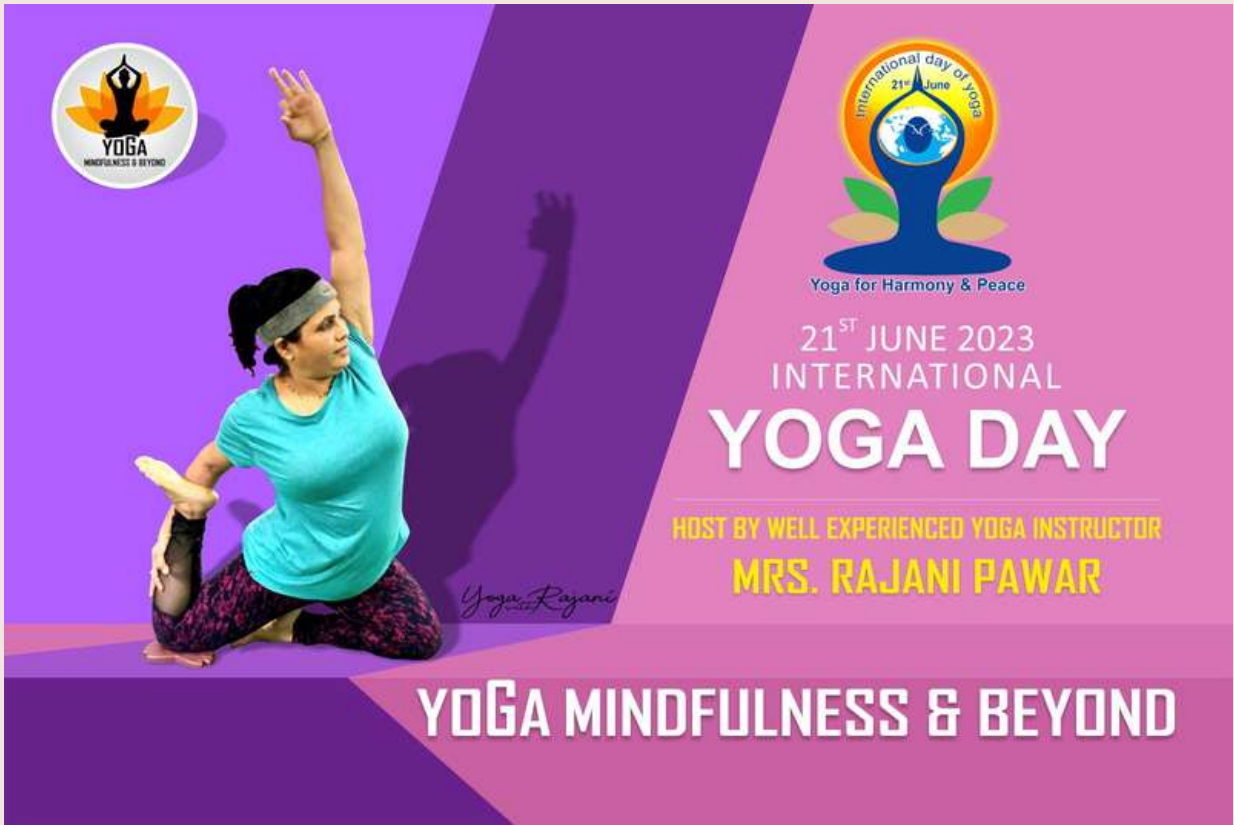


# PINKATHON Outdoor Activity



# Practice





# Yoga Day Special Event





## At Decathlon





# At Kurla





## Full Moon Meditation Workshop

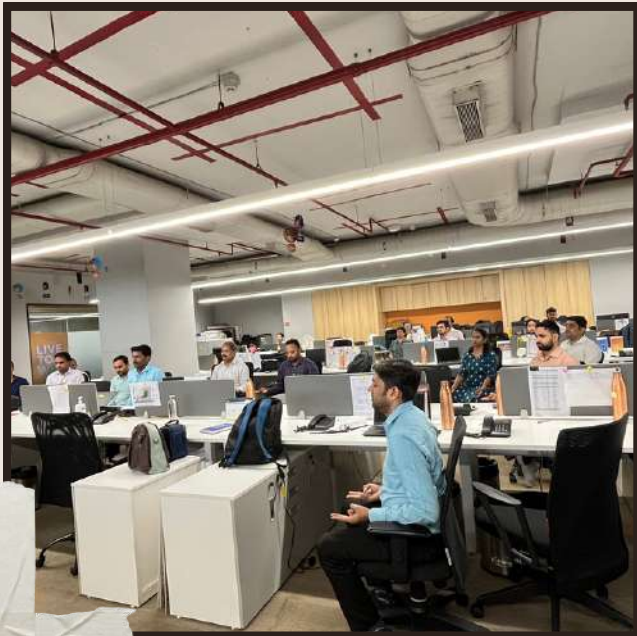
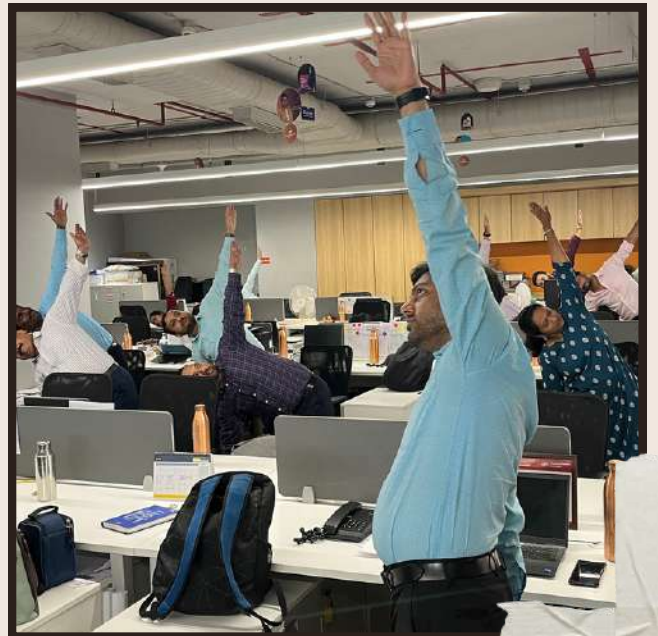
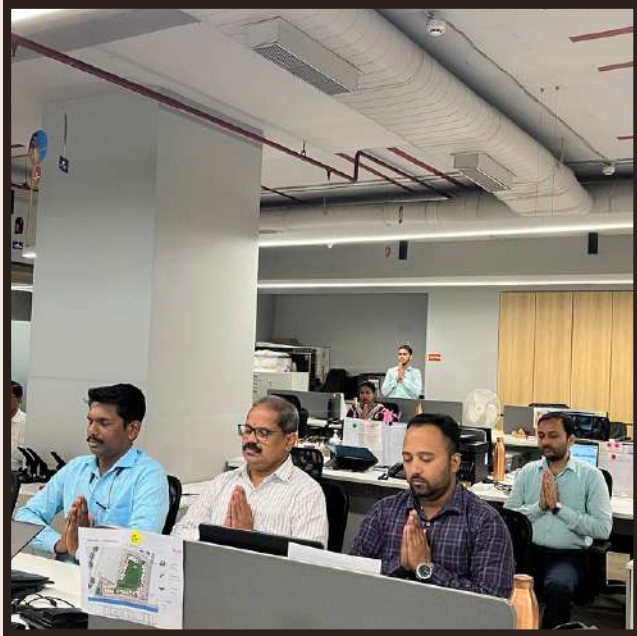




# Corporate Yoga



# Corporate Yoga





# TRANSFORMATION



# Personal Yoga Training



# Personal Yoga Training



# Personal Yoga Training





# THANK YOU



Yogawithrajani



@yogawithrajani



+91 9082552282

+91 9819333241



Yogawithrajani



[www.yogawithrajani.com](http://www.yogawithrajani.com)

