

Hello Team,

Subject:- **Position for Yoga Instructor**

### **Objective**

I would like to introduce as dedicated and passionate Yoga Instructor with 10 Years of experience in teaching diverse styles of yoga and meditation. I run my own business [www.mitawellness.org](http://www.mitawellness.org) and have 6 centres across Sydney, Parramatta, Westmead, Ponds, Blacktown, Schofields, Hornsby & Penrith most of these are in evening and I am looking for more work on day time.

I have had previous experience teaching classes UFC GYM Castel Hill and other wellness organisation and committed to helping individuals achieve their wellness goals through personalized instruction, mindfulness, and a holistic approach to health. Seeking to contribute my expertise to a wellness center, studio, or retreat where I can inspire and guide students on their yoga journey.

Please see my details below. I look forward to work with you in near future. I have also attached some photos for your reference.

Thanks & Regards

Amit Karalkar

Email: [Info@mitawellness.org](mailto:Info@mitawellness.org)

Phone 0432076908

Facebook; <https://www.facebook.com/mitawellness/>  
[www.mitawellness.org](http://www.mitawellness.org)

## Certifications

- Registered Yoga Teacher (EYRT-1500/ Sr Level) – International Yoga Alliance, 2021
- Specialized Yoga Training – Hata Hoga, Kirya Yoga, mindfulness & meditation etc., India, 2014
- First Aid and CPR

## Work Experience

### Founder at Mita Wellness & Meditation ( Taking Yoga Classes in Six Centres across Sydney)

05/07/2018 – Present

[www.mitawellness.org](http://www.mitawellness.org)

- Lead group and private yoga classes in various styles, including Hatha, kriya yoga, and Restorative yoga, tailored to the skill level and goals of each student.
- Developed personalized yoga programs focusing on flexibility, strength, and mental well-being for clients with specific needs such as injury recovery, stress management, and prenatal care.
- Organized and conducted workshops and retreats to deepen students' understanding of yoga philosophy, meditation, and breathwork.
- Created and maintained a welcoming, inclusive environment, ensuring that all participants feel comfortable and supported in their practice.
- Collaborated with other wellness professionals, including nutritionists and physiotherapists, to provide a holistic approach to health and wellness.

### Yoga Instructor – UFC Castel Hills

6/1/2021 – 5/1/2022

## Summary of Qualifications:

- Taught daily yoga classes in diverse settings, including corporate offices, community centers, and outdoor environments.
- Assisted in the development of marketing strategies to increase class attendance and community engagement.
- Provided one-on-one consultations to help students set and achieve personal wellness goals.
- Managed class scheduling, student registration, and studio maintenance tasks.
- Regularly participated in continuing education workshops to stay updated with the latest yoga practices and trends.

- **Academic Education:**

Graduated in Mechanical Engineering from Mumbai India

Testimonials & Review please visit below link & on google Mita Wellness & Meditation Westmead.

<https://g.page/r/CYDSdrY8G2RWEAE>

Thanks for going through the resume I hope to hear from you soon..

Amit Karalkar

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