



Urvi Shah

Certified Yoga Coach | Wellness Entrepreneur | Mindfulness Expert
10+ Years Teaching Yoga — Adults, Kids & Pre/Postnatal Care

CONTACT

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Instagram

CERTIFICATIONS

300-Hr Multi-Style YTT
Siddhi Yoga, Rishikesh (2021)
200-Hr Hatha Yoga TT
The Yoga Institute, Mumbai (2012)
Principles of Ayurveda
Siddhi Yoga (2022)
Yoga Alliance RYT
Registered 2022–Present
Growth Facilitator
Growth Collectives, Singapore (2023–Present)
Standard First Aid, CPR+AED
SERA Singapore (2021)

YOGA SPECIALITIES

Hatha & Power Yoga
Vinyasa Flow
Yin & Restorative Yoga
Prenatal & Postnatal Yoga
Kids Yoga & Mindfulness
Therapeutic & HIIT Yoga
Breathwork & Meditation
Ayurveda Wellness Coaching

EDUCATION

Master of Management
SUSS, Singapore (2025)
MSc Pharmacology & Biotech
Sheffield Hallam Univ, UK (2007)
BSc Biochemistry
Gujarat University (2005)

PROFESSIONAL SUMMARY

A passionate wellness advocate and certified yoga coach with over 10 years of teaching experience spanning children, active adults, and prenatal/postnatal clients. Founder of Sarvam Wellness and KiddiesYoga in Singapore, Urvi holds 500+ hours of Yoga Alliance-recognised training and integrates Ayurvedic expertise into all programs. She has empowered hundreds of students through private sessions, group classes, school workshops and NGO collaborations across Singapore and India.

TEACHING & WELLNESS EXPERIENCE

Founder & Lead Yoga Coach — Sarvam Wellness *June 2023 – Present* Singapore

- Delivers multi-style yoga (Hatha, Vinyasa, Yin, Restorative, HIIT, Wall Yoga & Pilates) for adults 20+.
- Leads a dedicated Prenatal & Postnatal program — labour prep, postpartum recovery, pelvic health & mother-baby bonding.
- Provides therapeutic yoga and Ayurvedic guidance for spine health, migraine, menopause and weight management.
- Consistently receives outstanding testimonials for chronic pain relief, postnatal recovery and mental well-being.

Founder & Kids Yoga Specialist — KiddiesYoga *April 2015 – Present* India & Singapore

- Pioneered themed kids yoga curriculum (ages 3–14) using stories, music, brain-gym and concentration games.
- Conducted 50+ workshops across schools, condominiums and NGOs; established school alliances through campaigns.
- Ongoing workshops in Singapore Preschools and community set up, inculcating a yoga mindset in children.

Volunteer Yoga Instructor — Singapore Boys' Hostel (Trybe)

- Singapore
- Facilitated yoga sessions for at-risk youth; received formal appreciation from Trybe Singapore.

SIGNATURE PROGRAMS

Yoga for Active Adults: Flexibility, strength, balance, weight management & stress relief for adults 20+.

Prenatal & Postnatal Yoga: Comprehensive care through pregnancy and recovery — breath mastery, pelvic health & core strength.

KiddiesYoga: Theme-based yoga & mindfulness for children 3–14 yrs; builds strength, focus, confidence and calm.

SOCIAL IMPACT & COMMUNITY WELLNESS

- Glyph Singapore — Yoga coaching for children to build resilience and calm.
- Growth Facilitation with Growth Beans for wellbeing and resilience in youth and elderly, Singapore since 2023.
- Volunteer Yoga Instructor, Singapore Boys' Hostel (Trybe) — yoga for at-risk youth, with formal appreciation from Trybe Singapore.
- Special Olympics — active member since 2002, supporting intellectually disabled athletes in sports and training.
- Teach India (Times of India) — managed weekend school for underprivileged children independently for 2 years.
- Samaydaan Initiative — community empowerment of pavement-dwelling community in Ahmedabad under the Prime Minister's (Narendra Modi) programme.