

Kavya Hegde

Hatha Yoga Instructor

Mysuru, Karnataka · [Phone] · [Email] · [Website or LinkedIn]

PROFESSIONAL SUMMARY

Newly certified Hatha yoga instructor with a Yoga Certification Board Level 1 credential and a 200-hour teacher training course. Taught supervised beginner and senior-citizen batches during a studio internship, with a focus on clear verbal cues, safe modifications using props and short guided pranayama. Looking for a morning and evening batch role at a neighbourhood studio or wellness centre.

SKILLS

Hatha yoga sequencing · Pranayama and breathwork · Beginner alignment cues · Chair yoga · Prop-based modifications · Guided relaxation · Class attendance records · Kannada and English instruction

EXPERIENCE

Yoga Teacher Intern — Neighbourhood Hatha yoga studio, Mysuru

6-month internship

- Co-taught four weekly beginner batches of twelve to eighteen students, leading warm-ups, standing sequences and the closing relaxation segment.
- Introduced blocks and straps for students with tight hamstrings, which let three older members complete the full seated sequence comfortably.
- Maintained attendance and health-declaration sheets for new joiners and flagged back or knee complaints to the lead teacher before class.

Volunteer Yoga Facilitator — Residential senior-citizens' association, Mysuru

4 months · weekends

- Ran a Sunday chair-yoga session for about twenty residents aged sixty and above, focusing on joint mobility and slow breathing.
- Prepared a printed home-practice sheet in Kannada with six gentle movements, which most regular participants reported using midweek.

EDUCATION

200-hour Hatha Yoga Teacher Training Course — Traditional yoga shala, Mysuru

Anatomy basics, teaching methodology, Patanjali Yoga Sutras

B.A. Psychology — State university affiliated college, Mysuru

CERTIFICATIONS AND REGISTRATIONS

- Yoga Protocol Instructor (Level 1), Yoga Certification Board, Ministry of AYUSH
- RYT-200, Yoga Alliance

- Basic First Aid and CPR course

PROJECTS

- Morning mobility series — designed a four-week gentle Hatha plan for office staff and tested it with two volunteer groups

LANGUAGES

English · Kannada · Hindi