



# Tanu Chaudhary

Yoga Instructor

Skilled and certified yoga instructor with the ability to build effective relationships with students of all backgrounds and skill levels. Hardworking, dedicated and supportive with excellent communication and problem-solving abilities. I would be happy to learn new things and enhance my skills.

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☎ 07906036246

📍 Lal tappad, Dehradun, India

## EDUCATION

### M.Sc in Yoga Therapy

Dev Sanskriti Vishwavidhyalaya

### B.Sc in Yoga Science and Holistic Health

Swami Rama himalyan university

9.0 CGPA

### Schooling 12th

Holy Angel Senior Secondary school

2018 -68%

Courses

- subjects PCB, English , Physical education

### Schooling 10th

Holy Angel Senior Secondary school

2016 - 9.0 CGPA

## WORK EXPERIENCE

### Hospital Internship

Himalyan hospital

uttarakhand

6 month

### Social Internship - Indore

Dev sanskriti vishwavidhyalaya

01/2024 - 01/2024

1 month

### Professional internship

Drishti Yogshala Rishikesh Society

uttarakhand

1 month

### Yoga session conducted in Schools

1 hour session- Yoga, Personality development, stress management

Idore

schools

- New era public school.
- St. Joseph's school
- Rajoria International school
- Vedaant vidhyakulum
- JPS Higher Secondary school
- Nalanda vidhya Niketan
- Government Schools

## SKILLS

Team work

yoga

Meditation

Relaxation

Hatha yoga

Pranayama

Breathing practices

Mudra and bandha

Mantra chanting

yoga for diseases management.

Diet therapy

Yogic Counselling

## PERSONAL PROJECTS

Mantra yoga thesis - literature review

- The science of mantra and it's healing effect on our body

Effect of yoga on PTSD

- Traumatic stress can be reduced by yoga therapies.

## CERTIFICATES

200 hours Teacher training course

in yoga

Acupressure and Colour therapy

11/2022-12/2022

6th International Conference on Yoga (12/2023)

Paper Presentation - Role of yoga on women's Infertility.

## LANGUAGES

English

Full Professional Proficiency

Hindi

Full Professional Proficiency

## INTERESTS

Sports

Teaching

Music

Cooking

Travelling