



## CONTACT

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# SHASHI B. MEHRA

Yoga Teacher/Instructor

## EDUCATION

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Foundation course in yoga science in wellness – MDNIY

(Morarji Desai National Institute of Yoga) – February 2021

Yoga Teacher Training Course: Yoga Alliance, USA –  
September 2021

Others: B.Sc. Zoology, M.Sc. Anthropology, PhD.

Archaeology

## WORK EXPERIENCE

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Yoga Trainer at Brainpower Services, Chandigarh.  
and

Freelance October 2021 – current

- Developed new yoga skills through continuous study and practice.
- Planned, set up and led yoga classes for beginner through advanced practitioners.
- Instructed students in breathing, meditation and yoga poses to improve strength and flexibility.
- Conducts specialize inversion workshops (Head and Arm balance).
- Full attention to every student and on spot corrections.
- Highly recommend and encourage student to use props for better alignment and understanding the limits of the body
- Adapted and differentiated instruction for students and classroom forums to foster holistic growth.
- Developed and maintained consistent communication with students by engaging in conversation before and after classes.