

Sri Lakshmi

+91-79934 15222

Yoga instructor, Registered Yoga Trainer

appalasilakshmi12@gmail.com

EXPERIENCE

IIIT Hyderabad, Gachibowli — *Yoga Instructor*

May 2021 - PRESENT

Prowda Yoga, Mudra Yoga, Research in Shabdha, and Mantra Yoga

Aruna Yoga Academy, Hyderabad — *Yoga Trainer*

Jan 2015 - PRESENT

Train professionals and yoga instructors

EDUCATION

Acharya Nagarjuna University — *B.Sc in Mathematics*

May 1996 - April 1999

Completed my Bachelor of Science in mathematics

Acharya Nagarjuna University — *MBA in Finance*

May 1999 - April 2001

Completed my Master of Bussiness Administration Finance

Pondicherry University — *Diploma in HR Management*

May 2001 - April 2002

Completed my Diploma in HR Management

Pondicherry University — *Diploma in Insurance Management*

May 2002 - April 2003

Completed my Diploma in Insurance Management

Annamalai University — *PG Diploma in Yoga*

May 2017 - April 2018

Completed my PG Diploma in Yoga

Himalayan Garhwal University — *MA in Yoga*

May 2021 - April 2022

Completed my MA in Yoga

Ambedkar University — *MA in Psychology*

May 2023 - Present

Currently pursuing an MSc in psychology

SKILLS

Certified Yoga Trainer on many platforms:

2015 Aruna Yoga 300 Hrs registerd yoga trainer

2019 Patanjali Yoga Haridwar 200 Hrs Teacher training course

2019 Anitha Academy 100 hrs Prenatal Yoga

2022 Face Yoga TTC Shivan Yoga Academy

2023 Mudra Yoga from Aruna yoga TTC

AWARDS

Participated in Many State Level Yoga Programs:

Received awards from the State Educational Minister.

Collaborations

Collaborated with the Telangana Government and Aruna Yoga Academy to train the government Teachers and create awareness about Yoga.