

## Heena Shah

Energetic and Certified Yoga Teacher, Trainer and Therapist with rigorous training in yoga and specialization in Ashtanga principles. Enjoy inspiring others to improve wellness and mindfulness natural way. Understanding Naturopathy, Ayurveda, Acupressure, Chakras and expertise in Yoga, strives to attain the desired fitness goals.





## ABOUT ME



**Heena Shah** is a certified Yoga Trainer (TTC 250) with long experience in teaching yoga and meditation. She has been teaching classes for 3 years, including:

- ✓ Yoga for everybody
- ✓ Yoga for weight loss
- ✓ Yoga for stress bursting
- ✓ Yoga for children
- ✓ Yoga for seniors
- ✓ Yoga for relief in back problems and other health conditions (therapeutic yoga)
- ✓ Meditation and relaxation techniques







At first, yoga was only meant to be a part of my life, but it soon turned into a way of life, a motivation to discover something new and fascinating, an inspiration to discover the world, people, a road to self-realization and happiness.

As an experienced yoga trainer, I always try to make my students leave my classes feeling calm, relaxed and full of positive vibration. I want to feel that they have a good energy, the power to act and a love for the world around them.

My aim:

**Healthy and Happy world**

## Skills

- ✓ Adaptive professional
- ✓ Interactive, enjoyable teaching
- ✓ Flexible Instructor
- ✓ Customize programs to individuals
- ✓ Work well with all levels and age
- ✓ Intuitive
- ✓ Attention to details
- ✓ Languages: Hindi, English, Gujarati
- ✓ Empathy
- ✓ Expertise in weight-loss
- ✓ Life-long learner



## PROFESSIONAL BACKGROUND



### THE MOST IMPORTANT COURSES AND TRAININGS INCLUDE:

#### Courses

1. TTC 250 Hours - Yoga Alliance Patanjali
2. National Yoga Referee - Yoga Federation of India

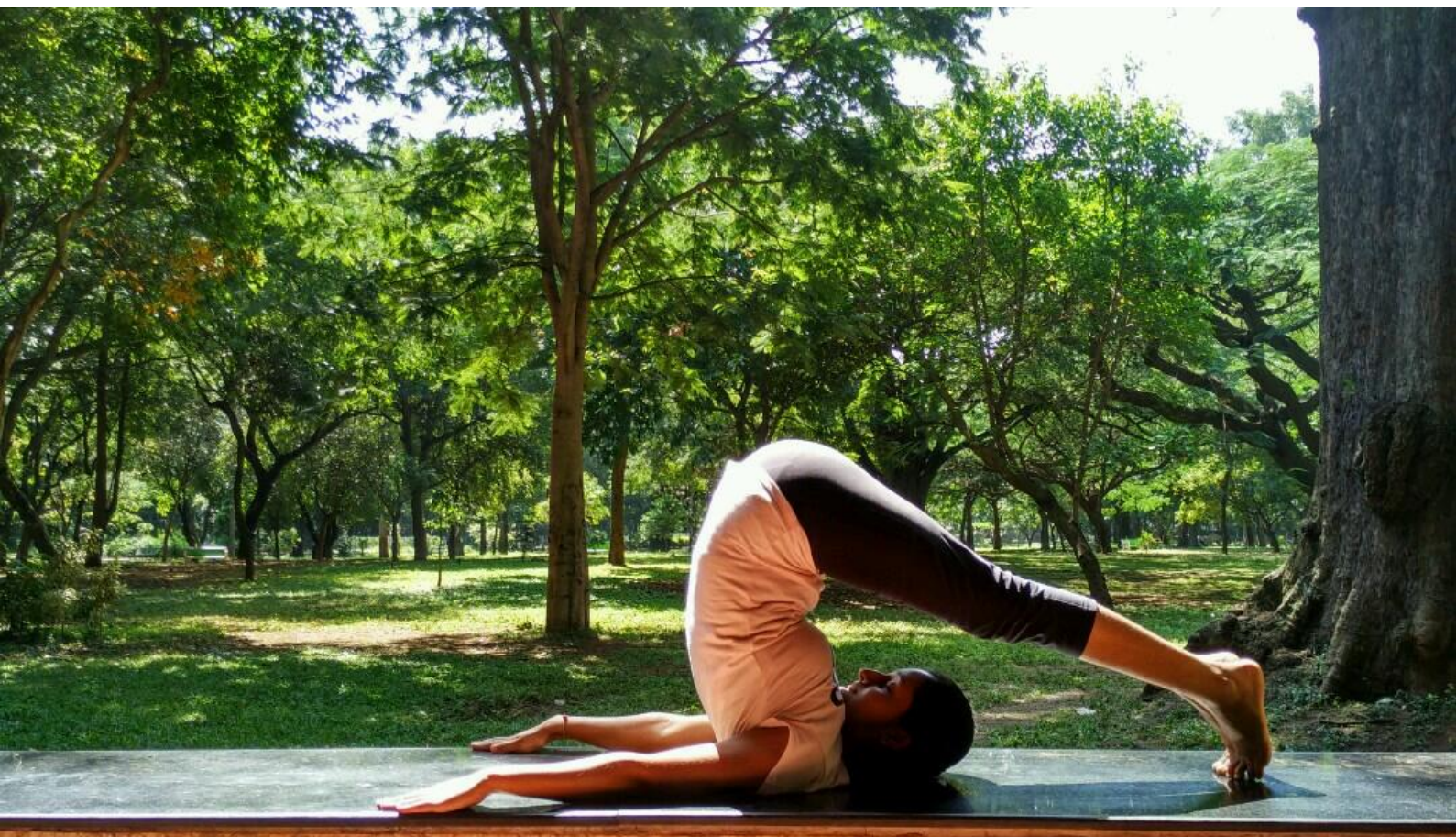
#### Championships

1. Western India Zone Sports Championship by Yoga Federation of India - 4<sup>th</sup>
2. Gujarat State Yoga Championship - 5<sup>th</sup>
3. Surat District Yoga Championship - 3<sup>rd</sup>
4. Senior Group - Souvenir Punjab Yoga Association

#### Camps

Conducted ultra-successful camps across India - Police force, Indian Railways, Schools, Colleges, Rural Areas

Client Stories: YouTube [Heena Shah Yoga](#)









## Contact Us



### We provide:

- ✓ **Corporate** Training
- ✓ Group training nearby your location
- ✓ Personal **specialized** program to attain specific results
- ✓ Explicit coaching for Yoga **Championship**

Email: [yogagirlheena@gmail.com](mailto:yogagirlheena@gmail.com)

Web: <http://yogagirl.github.io>

Testimony : YouTube [Heena Shah Yoga](https://www.youtube.com/watch?v=HeenaShahYoga)

