

BIO-DATA

Personal Information

Name: Samruddhi Shailesh Dali

Gender: Female

Date of Birth: 21-06-1980

Address: Samruddhi Yoga Classes, Plot No. 23/24, Khalchi Ali, Ratnagiri

Mobile No.: 8856859457

Email ID: samruddhidali6@gmail.com

Career Objective

To utilize my knowledge and experience in yoga training for improving physical and mental wellness of individuals and to help people achieve a healthy lifestyle through proper yoga practices.

Professional Summary

Experienced and dedicated yoga teacher with expertise in conducting yoga sessions for different age groups. Skilled in weight-loss transformation programs, meditation, flexibility improvement, and wellness training. Conducts both offline and online yoga classes and has successfully guided many individuals towards a healthier lifestyle.

Educational Qualification

B.Com

DIT

Diploma in Yoga Shikshak

M.A. in Yoga

Work Experience

Conducted yoga sessions at Hatkhamba Program Kendra

Organized and conducted free yoga camps in rural schools

Running own yoga center – “Samruddhi Yoga Classes”

Conducting online yoga classes for various students and clients

Helped many individuals achieve weight-loss and fitness transformation through yoga practices

Skills

Yoga Training

Weight Loss Programs

Meditation & Pranayama

Flexibility & Fitness Training

Group & Personal Yoga Sessions

Online Yoga Teaching

Languages Known

Marathi

Hindi

English

Declaration

I hereby declare that the above information is true and correct to the best of my knowledge and belief.

Place: Ratnagiri

Date: 21 May 2026

Signature

Samruddhi Shailesh Dali