

Nayan Mahajan

1/9 Shivprasad Mahajan Bungalow, SVP Road, Kandivali West, Mumbai 400067.
Mobile: +91 9821256309 Email: talktonayan@gmail.com Website: <http://www.yogaonasana.com>

Summary

Experienced and certified Yoga Instructor bringing around 20+ years record in health and wellness roles. Eager to help students improve wellness through Iyengar form of Yoga and other fitness-related classes. Hardworking, dedicated and supportive with excellent communication and problem-solving abilities. Possess in-depth knowledge about breathing techniques and postures, and a passion for the spiritual elements of yoga teaching. Committed to helping students of all ages and backgrounds unearth their healthiest selves and discover inner peace.

Skill Highlights

- Meditation and Yoga
- Form expertise
- Group instructions & tutoring
- Demonstrating exercises
- Teacher Support
- Performance Measurement
- Workout Improvement Techniques
- Customized Workout Plans
- Workshop Facilitation
- Muscular Strength and Endurance
- Health and Wellness Coaching
- Individualized Lesson Plans
- Fitness-Level Accommodations
- Lifestyle and Nutrition Guidance
- Facilitating Seminars and Workshops
- Results-Driven Coach

Experience

Sound Healing Therapist (Dec 2024 – till date)

- For relaxation, destress & specific ailments of my students, following sound healing protocols like - Sound healing/bath, Brain Entrainment, Cellular Detox, Space Cleansing, etc. are undertaken.
- Typically a Sound healing/bath session starts with i) guided relaxation, ii) therapeutic singing bowls which includes Aura cleansing, iii) Combination of Black & White Sound (use of Sound vibrational bowls as Black Sound & other instruments as a White Sound) is used to balance the energies in body, iv) Clockwise & Anti Clockwise rimming with singing bowls to release the negative energy & gather positive energy, v) Aura Strengthening process to close the sound healing/bath session.
- These sessions benefit the students with Improve Sleep quality, Stress reduction, enhanced emotional wellbeing, hormonal balance, anxiety & depression, etc.
- The duration for these sessions is generally around 45-60 mins in afternoon/evening batches.

Yoga Consultant at Mahati (Nov 2023 – till date)

- For onboarding students (with props) a thorough counselling sessions with staff is taken to understand their physical, medical history and also to identify any personal fitness goal.
- Typically a Yoga session starts with a Patanjali prayer (Yogena Chittasya) followed with asanas with props (bricks, strap, chair & ropes) which includes standing, sitting, prone & supine. The session ends with inversions and pranayama followed by closing prayer (shanti mantra).
- During each session, yoga is not only practiced but the students are also educated about alignment & perfection of asanas which will benefit their overall health and fitness.
- The duration for these Yoga session is generally around 60-75 mins in morning & evening batches.

Therapeutic Yoga Consultant (Aug 2012 – till date)

- Personal Counselling sessions with clients to understand their physical, medical history and identify their personal fitness goal like running a marathon, trekking, sports activity, etc.
- Also during counselling discussion, solve the myths regarding weight loss, pranayama, asanas, etc and advise on correct technical path for achieving their personal goal.
- Based on the inputs from client, a personalized plan which includes weight/cardio training, Power/Iyengar yoga is scheduled weekly/monthly based on clients availability.
- Educate client to become independent by using Yoga props (bricks, strap, chair, ropes, etc). The duration for these Yoga session is generally around 60-90 mins.
- Introduced Shuddhi Kriya (Shatkarmas) which cleanses and activates all vital organs of the body especially the digestive, respiratory, circulatory and nervous systems.

Gym Manager at Reliance Capital at Wadala (Jan 2007 – Jul 2012)

- Personalized Yoga plan included weight training, Power & Iyengar yoga and was targeted to address specific health problems like Cervical, Migraine, frozen shoulder, etc.
- Recorded participants' progress over time and adopted each program based on their fitness level by substituting exercises or suggesting more advanced training options.
- Functional training included using own body weight and light weight props (dumbbells, medicine ball, anchor belts, aerobic stepboard, etc).
- Advance technique of using Rope & Belt therapy session helped in traction of the joints.

Yoga Teacher at Salvi Cricket Academy, Vashi (Aug 2008)

- Yoga workshop for cricketers with specific asanas related to sports.
- Help 25+ students to understand the technical part of stretching through yoga and develop their physical and mental awareness through these sessions.

Personal and Yoga Trainer at Talwalkar Gym, Wadala (Mar 2006 – Nov 2007)

- Personal one-on-one yoga training for weight management, weight loss & overall fitness
- Yoga sessions for a group of 8-9 students which covered power yoga & regular ashtang yoga.
- Develop safe and effective yoga exercise programs for class members.

Gym Instructor & Lifeguard at Taj Wellington Mews, Colaba (Sep 2005 – Mar 2006)

- Efficiently handled multiple sections like sliding, wavepool, etc
- Gym instructor, Swedish Massages, Learning Basic Yoga with help of a trainer

Lifeguard and Swimming coach at Intercontinental hotel, Andheri (Jul 2004 – Aug 2005)

- Strategized various methods (freestyle, breast stroke, back stroke) of teaching swimming to beginners & intermediate group of students of all ages.
- Also played the role of Gym instructor to provide hotel customers with proper technical guidance with respect to weight & cardio training
- Also learnt Swedish Massage which included long, kneading strokes combined with rhythmic tapping strokes and movement of the joints.

Fitness Trainer at Parulekar's Gym, Kandivali East (May 2002 – Jun 2004)

- Personal one-on-one yoga training for weight management, weight loss & overall fitness

- Develop safe and effective yoga exercise programs for class members and educate them.
- Motivate clients to achieve their personal fitness goals by developing and modifying routines.

Lifeguard and Swimming coach at Goregaon Sports Club (Sep 2001 - July 2002)

- Strategized various methods (freestyle, breast stroke, back stroke) of teaching swimming to beginners & intermediate group of students of all ages.
- Ensured safety of students and other swimmers at all times.
- Provided one-on-one swim lessons and group swimming instructions.
- Oversaw poolside safety measures, both in pool and along perimeter.

Lifeguard at Water kingdom, Gorai (Nov 1999 to Aug 2001)

- Efficiently handled multiple sections like sliding, wavepool, kids sliding area
- Stood first in National Institute of water sports (NIWS) certification (duration 2 weeks)
- Received honesty certificates on multiple occasions for returning jewellery, cash, etc.
- Effectively communicated with swimmers using verbal commands, megaphone, and whistle.

Achievements

- Taught over 120+ classes with an average class size of 5 during the period 2007 – 2012.
- 300 hours Yoga Instructors' Course (YIC) conducted by Swami Vivekanand Yoga Anusandhana Samsthana (Oct 2020 - Jan 2021).
- Instructed clients on safe and effective exercise/yoga techniques while ensuring compliance with nutritional goals; achieved a 70% success rate reaching health goals such as weight loss.
- Interview published by Health Magazine (Aug 2011) with title 'Yogic Bliss' covering journey of Gym trainer to Yoga teacher.
- Privileged to be Yoga instructor for these esteemed clientele:
 - Mr. Ravi Raheja (K Raheja Corp)
 - Mr. Sandeep Tandon (Tandon Group)
 - Mr. Satish Kaushik (Actor, Director, Producer)
 - Mr. Deepak Dhabalia (DD's Real Wealth Maximizer Pvt Ltd)
 - Dr. Nimish Shah (Radiologist)

Certifications

- Certified in 'Sound Healing with Therapeutic Singing Bowls Level -1 Master Practitioner Training' from Institute of Sound Healing (Dec 2024)
- Certified in 'Ropes & Belt Therapy' from Creative Spark Yoga (Sep 2023)
- Certified "Nutrition Advisor on Integrative Dietetics" from Nutrilite Health Institute (June 2022)
- Certified "Nutrition & Wellness Advisor" (Master Level) from Nutrilite Health Institute (Feb 2022)
- Certified "Nutrition & Wellness Advisor" (Advance Level) from Nutrilite Health Institute (Dec 2021)
- Certified "Nutrition & Wellness Advisor" (Beginner Level) from Nutrilite Health Institute (May 2021)
- 'Integrate and Encourage Yoga Through life' pledge on 7th International Day of Yoga (May 2021)
- Completed 'Team Nutrilite Phase 1' and recognized as Team Nutrilite Champion (2018 - 2019)

- Certification course in Strength and Sports Conditioning (A grade) (Jan 2019)
- Certification on 'Master Choa Kok Sui Basic Pranic Healing Course' (Nov 2015)
- Attended Thai Massage Techniques half-day workshop taken by Shilpa Rane (July 2011)
- Attended F.A.B.S (Functional, Agility, Balance, Speed) training workshop (Sept 2010)
- Certification on 'Advance Power Yoga' (A+ grade) from Eco Sports & Fitness Institute (Jul 2009)
- Attended Wellness Weekend Workshops - Alibaug (10th & 11th Jan 2009)
- Attended Kickboxing half-day workshop taken by Vijay Alwa (Feb 2008)
- Certification on 'Basic Certificate Course of Power Yoga by LSM-The Fitness Academy (Oct-Dec 2006)
- Talwalkars Fitness Academy - Fitness Training Gym & Aerobics (Nov 2005 - Jan 2006)

Hobbies and Interests:

- Participated in multiple Half & 10k marathons since 2008 in Mumbai. Achieved personal best timing of 1hr 49mins at The Standard Chartered Mumbai Marathon (Jan 2011).
- Integral part of Don Bosco Trekking Camp Team for the Academic years' 2009 – 2017.
- Won Table Tennis medals during Inter-College competitions during 1994-1995.
- Actively participated in Swimming competitions at school & professional level.
- Medium level Trekking done in Himachal, Uttaranchal & Maharashtra regions since 2009
- Enjoyed playing pool table during 1996-1998 and also worked as marker.