



# SAKSHAM MISHRA

## EXPERIENCE

### California Fitness & Yoga

- Yoga Instructor | 2016-17
- Yoga coordinator | 2017
- Yoga Manager | 2017-20
- District Yoga Manager | 2020-26
- Senior Yoga Instructor | 2026 - Present

### MR K Fitness

Yoga Instructor | 2015



QCI  
Level 2



YCB  
Level 6



YTTC  
200 Hrs

References : - Available on request

## YOGA TEACHER

📞 +84-901408610 | +91-7668452736

🌐 kittsaksham@gmail.com

🏠 Ho Chi Minh City, Vietnam

## PROFILE

Certified Yoga Instructor skilled in Vinyasa, Hatha, Aerial, Wheel, Wall Rope Yoga. Experience with individual and group classes, health-focused programs.

## EDUCATION

### Dev Sanskriti Vishwavidyalaya

**M.Sc.** Yoga and Holistic Health | 2015

**B.Sc.** Yoga Science | 2013

## SKILLS

- ✓ Traditional Hatha & Vinyasa Instruction
- ✓ Functional Anatomy & Alignment
- ✓ Therapeutic Modifications
- ✓ Breathwork & Meditation
- ✓ Corporate Wellness Programs
- ✓ Private Client Coaching
- ✓ Studio Operations Support
- ✓ Team Leadership    ✓ Workshop Facilitation
- ✓ Community Engagement    ✓ Digital Class Delivery

## ACHIEVEMENTS

- Uttarakhand State Champion (Yoga)
- 5th Place, National Yoga Championship
- International Yoga Participant, Pondicherry
- Guest Instructor for State Leaders