



TARA VERMA

YOGA INSTRUCTOR

The first time I rolled out my yoga mat, I fell in love with the practice of yoga. I am deeply grateful to share this practice as a path to wellness, peace of mind and happiness. I teach classes ranging from beginner and gentle to more active classes. I am passionate about sharing an authentic yoga practice that focuses on breath, alignment, meditation and yogic philosophy.

I believe yoga is a practical tool to heal our bodies and enliven our spirits. I enjoy inspiring other to improve wellness and commit to long-term health and fitness goals.

Contact

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Address

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SKILLS

Hatha yoga, vinyasa yoga, seniors yoga

Sri Sri yoga, sukshma yoga

Hot stone yoga

Advanced Communication Skills

Intelligent and intentional sequencing

Guided meditation and deep relaxation

Stress reduction

WORK EXPERIENCE

YOGA INSTRUCTOR

2013 - Present: *Art of Living Foundation*

- Lead yoga classes for all levels with a focus on both pranayama and asana
- Develop body, mind awareness, physical strength and flexibility
- Communicate clearly and effectively with students on how to keep their bodies safe in their practice
- Promote balance and mindfulness through effective teaching and demonstrations
- Design each class to match the skills and learning levels of all participants
- Suggest modifications to individual students to avoid strain and injury

YOGA INSTRUCTOR

2016 - Present: *Private and Corporate Classes*

- Lead yoga classes for corporate clients
- Private and semi-private classes that teach students correct posture and technique
- Develop unique programs based on client needs
- Create a space for all students that allows for personal growth and inner awareness



FACULTY, HAPPINESS PROGRAM

2017 - Present: *Art of Living Foundation*

- Teach breathwork, SKY meditation, yoga and wellness through the Happiness Program, a three day, 9-hour workshop

CEO, YOGATHON

2012 - 2016: *Art of Living Foundation*

- Founded Yogathon, a wellness event that inspired participants to challenge themselves to complete 108 sun salutations and raise funds for the education of underprivileged children in India.
- Expanded reach of Yogathon to 50 cities around the world, including 10 cities in Canada
- Led the development and implementation of the event website (www.yogathon.org)
- Provided oversight and led all aspects of event planning, logistics, vendor management, marketing, fundraising and volunteer management at Yogathon Toronto at Yonge Dundas Square

DIRECTOR, YOGA UNDER THE STARS

2016- 2018: *Art of Living Foundation*

- Created vision for Yoga Under the Stars, a wellness event that inspired participants to come together to stretch, breath and meditate at Celebration Square, Mississauga
- Co-led the yoga practice during each event for three years with attendance ranging from 600 - 1,000 participants
- Led the development and implementation of the event website (www.yogaunderthestars.ca)
- Led all aspects of event planning, logistics, vendor management, marketing, volunteer management

REFERENCE

Yogathon (www.yogathon.org)

Yoga Under the Stars (www.yogaunderthestars.ca)

EDUCATION

2013

- RYT, Life Yoga Certified (Yoga Alliance)

2018

- RYT, Sri Sri Yoga Certified (Yoga Alliance)