

KUNAL SHAH

Yoga Instructor

KS

Pune, India kunal.shah@example.com Fictional sample

01 Professional profile

Yoga Instructor with an illustrative 11-year career focused on yoga instruction, inclusive class planning and reflective teaching. Core strengths include Class sequencing, Breath awareness and Movement instruction. Selected examples describe the challenge, contribution and handover materials.

02 Professional experience

Jul 2022 – Present

Yoga Instructor

Asterline Movement Academy · Pune

Delivered defined workstreams in yoga instruction, inclusive class planning and reflective teaching, coordinating reviewers and delivery partners.

- Prepared graded class choices and communicated boundaries without making treatment claims.
- Designed a sequence with clear invitations, pacing and feedback opportunities.

Jul 2018 – Jun 2022

Yoga Instructor

Northmere Movement Academy · Pune

Developed hands-on experience across yoga instruction, inclusive class planning and reflective teaching, with a defined review process.

- Used class sequencing and adaptations on assigned work; recorded decisions so colleagues could understand the approach.
- Prepared handover materials and incorporated specialist feedback before closing the workstream.

Jul 2015 – Jun 2018

Assistant Coach

Cedarfield Movement Academy · Pune

Built foundations through supported assignments, observation and practical feedback.

- Assisted with breath awareness and participant communication, checking work with an experienced reviewer.
- Kept organised work records and developed clear handover habits through supervised practice.

EXPERTISE

Core capabilities

Class sequencing

Breath awareness

Movement instruction

Adaptations

Participant communication

Teaching reflection

SELECTED WORK

Accessible introductory classes

Class plan and adaptation notes

Workplace practice series

Session guide and teaching reflection

LANGUAGES

English - professional working
Hindi - professional working

CAREER CONTEXT

11 years in this illustrative career.
Three appointments.
Full work examples on page 2.

03 Coaching & practice programmes

A considered practice, at your pace.

WORK EXAMPLE 01 / ILLUSTRATIVE	Context Mixed-experience participants needed clearer options during practice.
Accessible introductory classes	Contribution Prepared graded class choices and communicated boundaries without making treatment claims.
Prepared for handover Class plan and adaptation notes	

WORK EXAMPLE 02 / ILLUSTRATIVE	Context Participants needed short, clearly structured sessions.
Workplace practice series	Contribution Designed a sequence with clear invitations, pacing and feedback opportunities.
Prepared for handover Session guide and teaching reflection	

04 Education

2013 – 2015

Master's in Yoga Education

Asterbridge Institute of Professional Studies
Specialist study with a practice focus on class sequencing and breath awareness.

2009 – 2013

Bachelor-level study in the relevant discipline

Cedarhaven College of Applied Studies
Foundation study, practical assignments and supervised learning. Fictional institution and qualification record.

05 Professional development

2024

Class sequencing - advanced practice workshop

Scenario exercises and peer review in yoga instruction, inclusive class planning and reflective teaching.

2025

Adaptations - reflective practice seminar

Applied learning reviewed through a bounded example and a written reflection.

Continuing learning examples, not licences or independently verified certifications.

06 Practice & evidence notes

Work focus	Evidence status	Contribution scope
Yoga instruction, inclusive class planning and reflective teaching	Illustrative work descriptions; no source artefacts attached	Owned the stated workstream, not all team outcomes

Every employer and institution in this CV is fictional. The two work examples describe individual contributions; supporting artefacts and externally measured outcomes are not supplied. Replace example information with accurate records and permission-cleared work before using this CV.