

Prerna Chimnani

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WORK EXPERIENCE

Tarot Card Reader

AstrosageKundli 2023

EDUCATIONAL BACKGROUND

Bachelor in Sociology

Sociology
IGNOU Chandrapur

Yoga Teachers Training Program

Yoga
Hatha Yoga Institute Pune

2023

Yoga Certification

Yogvidyadham Nashik

2021

HSC

Sardar Patel College Chandrapur

PROFESSIONAL SUMMARY

Dedicated wellness professional with a deep understanding of astrology, yoga, and Ayurveda. Seeking a position where I can apply my expertise in holistic health, mindfulness, and personal growth to support individuals and organizations in achieving balance, well-being, and success.

SKILLS & PROFICIENCIES

- Yoga: Expertise in Asanas, Pranayama (breathing exercises), and Meditation techniques for stress reduction and mental clarity.
- Ayurveda: Knowledge of Ayurvedic principles, including diet, lifestyle, herbal remedies, and dosha balancing for optimal health.
- Astrology: Proficient in providing astrology-based consultations for personal development, relationship insights, and decision-making.
- Mindfulness & Stress Management: Offering practical tools for mental and emotional well-being through mindfulness practices.
- Holistic Health Coaching: Personalized wellness plans combining Yoga, Ayurveda, and astrology for client growth and healing.
- Communication & Empathy: Strong interpersonal skills for building meaningful relationships with clients and fostering trust.