



SARANSH SHARMA

YOGA & MEDITATION MENTOR · HOLISTIC WELLNESS
COACH · MENTAL WELLBEING FACILITATOR

*Guiding guests toward transformational wellness experiences,
rooted in twelve years of yogic and spiritual immersion.*

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📍 Goa, India

@yogkalaa

Professional Summary

Certified yoga, meditation, and wellness mentor from India with twelve years of immersion in yogic and spiritual traditions and over six years of experience mentoring students of all ages and professions, on-site and online. Four years of monastic study of Indian philosophy, classical yoga, and yogic psychology inform a teaching approach that extends beyond asana into mindfulness, inner balance, and holistic wellbeing. Comfortable designing and leading retreats, teacher trainings, and transformational workshops, with a talent for adapting practice to the ability of each guest while guiding them toward authentic self-awareness and inner peace.

Specialization

Yoga

Hatha Yoga,
Classical &
Traditional Yoga

Pranayama

Classical
breathwork for
balancing vital
energy

Meditation

Dynamic, Kundalini,
Chakra, Trataka,
Yog Nidra,
Vipassana
(Anapana), Mind
Sound Resonance
Technique

Integration

Yogic philosophy &
psychology for
holistic healing

Certifications

200-Hour Yoga Alliance Certified Teacher

RYT-200

Yoga Vedanta Studies (2 months)

Sivananda Ashram Yoga Vedanta Forest
Academy, Rishikesh

Education

BA in Animation & VFX

PROFESSIONAL EXPERIENCE

Lead Yoga & Meditation Mentor / Wellness Retreat Organizer APRIL 2023 – PRESENT

Goym Resort — Arambol, Goa

- Lead daily yoga and meditation sessions for resort guests of varied levels and backgrounds
- Design and organize wellness retreats, tailoring programming to guest goals
- Mentor guests individually on meditation and mindfulness practices

Lead Yoga & Meditation Teacher MARCH 2022 – MARCH 2023

Anahata Resort — Ashwem, Goa

- Delivered daily group and private yoga and meditation classes for resort guests

Yoga, Meditation & Wellness Coach NOVEMBER 2020 – DECEMBER 2021

Wellness Program, Child Correctional Facility — India

- Delivered yoga, meditation, and wellness coaching supporting mental health and emotional resilience among at-risk youth

Yoga Teacher FEBRUARY 2019 – JANUARY 2020

Yog Niketan Trust — Rishikesh

- Taught classical yoga and meditation practices to students and visiting practitioners

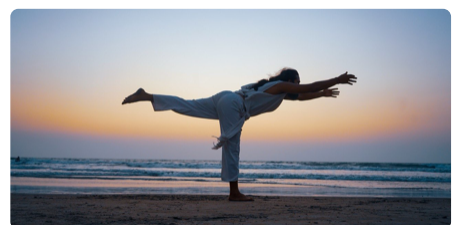
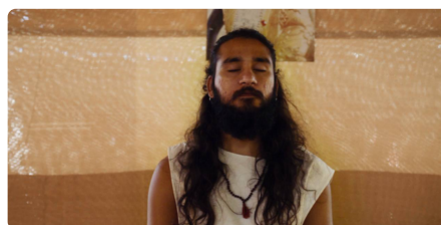
Theater Artist AUGUST 2011 – JULY 2015

Kota, Mumbai — India

- Performed acting, singing, and dance on stage before live audiences
- Assisted with stage props and stage design
- Participated in theater activities, including workshops
- Assisted with costume design

Philosophy

“Yoga is not confined to asana, pranayama, or meditation — it is a lifestyle, a state of mind, a continual evolution from a lower to a higher state of being. My path began twelve years ago with travel across ashrams and monasteries, learning directly from teachers and monks, and deepened into four years of monastic life devoted to scripture, philosophy, and classical yogic science. This journey shaped my belief that yoga is not a course to be completed, but a lifelong practice — and it is this understanding that I now share with students and guests.”



I would like to invite you on the journey towards knowing the self.