


Astha Parajuli

Certified Yoga And Wellness Instructor

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500-hour certified yoga instructor and women's health facilitator working to elevate community wellness standards. Experienced in delivering transformative programs that address mental health, emotional well-being, and physical fitness.

Work History

2022-04 - Current

Wellness & Happiness Teacher

Art of Living Center, Kathmandu, Nepal

Successfully conducted 50+ Happiness Programs and wellness workshops since 2022

Provided training to thousands of participants in SKY Breathing and yoga techniques

Teach stress management, meditation, and breathwork to varied age groups and backgrounds

Facilitate transformative workshops helping participants overcome anxiety, depression, and lifestyle challenges

Deliver corporate wellness sessions improving employee mental health and productivity

Build supportive communities through regular group practices and follow-up sessions

Receive consistent positive feedback for approachable teaching style and practical guidance

2018-01 - Current

Internationally Certified Yoga Teacher

Self-employed, Kathmandu, Nepal

Lead yoga sessions for local clients and international corporate organizations

Travel internationally to conduct corporate wellness programs and group yoga sessions

Teach multiple yoga styles (Hatha, Ashtanga, Iyengar, Kundalini) with breathwork, meditation, and philosophy

Customize practices for diverse cultural backgrounds and fitness levels

Facilitate sessions across multiple countries, online platforms, and local venues

2018-01 - Current

Wellness Instructor

International Association for Human Values (IAHV), Kathmandu, Nepal

Lead menstrual health workshops covering menstruation, menopause, and reproductive wellness




Teach yoga, pranayama, mudras, and meditation for symptom relief and hormonal balance

Educate on body safety, nutrition, Ayurvedic practices, and healthy lifestyle habits

Address myths, taboos, and abuse awareness in rural and urban communities

Empower women and adolescent girls through compassionate health education

Certifications

-  Wellness Instructor
-  Yoga, Pranayam and Meditation Teacher
-  Registered Yoga Teacher (RYT 500-hour)

2018-01

2022-04

2025-11