



Khushbu Shah

Yoga Instructor and Healer

Bringing authentic yoga to the world since 2018

Canada | India | Australia

Portfolio 2024

About

I am a certified **500 HR yoga instructor** with a remarkable experience in delivering yoga and meditation sessions to audiences of all ages and caliber. In the last five years, I have delivered **2000+ hours** of yoga sessions to adults, corporates, young adults and kids.

A geologist by qualification, I never in my wildest dreams thought about becoming a yoga instructor. In early 2015, I started my yoga practice to become mentally and physically fit. Little did I know that I had actually taken my first steps on the spiritual path to self-realization, joy and happiness.

As yoga helped me reach levels of pure bliss and joy, I felt the need to share this to as many people as I can. Consequently, I pursued the field and got fully qualified and certified in 2018.

I am blessed to be able to deliver gratifying yoga sessions with high energy vibrations. Somehow, all the participants always leave my sessions feeling calm, relaxed and uplifted.

Experience

Yoga Therapist

Ayurveda Vancouver | (Contractual/On-Call) | April 2023 - Present

I conduct private yoga sessions as per clients'/patients' requirements

- to provide structured yoga therapy packages
- to Pre and Post Natal Yoga sessions

Founder and Chief Instructor

Cosmic Soul Yoga Studio, India

I began my yoga and entrepreneurial journey as a co-founder of Cosmic Soul Yoga in 2019. Prior to that, I worked as a freelance yoga instructor. During this time, I

- instructed over 300 group sessions
- delivered over 500 private sessions
- conducted several meditation sessions
- trained 80 people through several yoga teacher training programs
- learnt, taught and grew spiritually and professionally



Certifications

300 HR Yoga Teacher Training

Sri Sri School of Yoga, India

Yoga Alliance USA accredited

200 HR Yoga Teacher Training

Exhale Yoga School, India

Yoga Alliance USA accredited

Yoga Teacher and Evaluator

Ministry of Ayush, Govt. of India

Pre and Post Natal Yoga Teacher

International Federation of Yoga Professionals

Meditation Coach

Prayog Trust, Ahmedabad, India

Marma Therapist

Spine Care Center, Vadodara, India

SKY Meditation trainer

The Art of Living Foundation

Corporate Yoga Trainer

Sri Sri School of Yoga

NLP Practitioner

NFNLP, USA



Services

Yoga Forms

Hatha

Vinyasa

Power

Pre/Post Natal

Kids

Kundalini

Yin

Therapeutic

Aerial

- Group Yoga Sessions
- Private Yoga Sessions
- Corporate Fitness
- Weight Loss Specials
- Events and Retreats
- Breathwork Programs
- Meditation Sessions
- Yoga Therapy
- Marma Therapy
- Detox (Shatkarma)



What participants say



Arpita Mathur

17 reviews



★★★★★ 2 years ago

Positive: Communication, Professionalism, Quality

Last year saw many changes in our lives, which resulted in high-stress levels for my husband and me. My brother residing in Bharuch recommended joining yoga classes with Cosmic Soul, a wonderful initiative by a very warm-hearted yoga instructor, Khushboo. I decided to give it a try. Since online classes were going on, it was not tough attending the classes from Noida. My husband and I joined her evening batch and saw remarkable results in just a couple of weeks. There was a lot of improvement in our stress levels, and we are enjoying the classes thoroughly. We start our classes with Om chanting that brings peace to our stressed minds, help us relax, and prepare us for various yoga asanas. Khushboo has a wonderful way of explaining yoga moves. She patiently led us through various simple and complex asanas. Today, I am enjoying a stress-free life, greater flexibility, improved range of movement, and an active and healthy body. I strongly recommend Khushboo's online classes run under the aegis of Cosmic Soul for anyone who wishes to bring a positive change in his life.



Hussaina Rangwala

1 review



★★★★★ a year ago

Positive: Communication, Professionalism

It was amazing to join cosmic soul. Khushboo Mam teaches every yoga patiently. She always open for any queries regarding yoga session. I can definitely observe noticeable difference in my body. Thank you so much for amazing yoga classes.



Alefiya Kagdi

3 reviews



★★★★★ 3 years ago

I was very grateful to have khusbhu mam as my trainer organized under gov. Of Gujarat. It was a pleasant experience to practice authentic yoga under her guidance with ease, simplicity and positive vibes.

Get in touch



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