



Bhupendra Singh

YOGA Teacher

As you can see! I'm a Yoga Instructor. I have good experience in teaching yoga offline and online to individuals and groups.

I have completed Certificate Course in Therapy Yoga from "Patanjali University" Haridwar.

And also completed my Yoga Alliance International 200 hr Teacher Training Course from "The Yogaguru Institute" Noida.

Other than the above, I have 3 year+ of experience in teaching yoga in Delhi NCR India .

And I'm expert in

"Ashtanga, Vinyasa, Power Yoga, Pranayam, Meditation and Diet plan" which makes me a best trainer for general fitness.

I have considerable experience in weight loss regime, helping clients in gaining stamina, general fitness, stress

management, and in teaching breathing exercises.

I'm a capable of balancing functional training with mindfulness.