

Certified international Yoga & Pilates Instructor – Personal Training in Gurugram

About Me:

I am a passionate Yoga and Pilates instructor dedicated to helping people improve their health, posture, and overall fitness. My classes focus on core strength, flexibility, and stress relief. I design personalized sessions based on each student's body condition and goals.

Specializations:

- Yoga for beginners**
- Pilates core strengthening**
- Flexibility and mobility training**
- Posture correction for office workers**
- Stress relief and breathing techniques**

Class Details:

- Duration: 60 minutes**
- Mode: Home training / Online sessions**
- Location: Gurugram**
- Suitable for: Beginners and intermediate students**



