

Hatha yoga | Ashtanga Vinyasa | Power Yoga All Levels | Yoga Alliance Qualified Teacher | 200 Hours

My aim is to bring a unique sense of empowerment to each of my classes through intention, meditation, pranayama and asana, my goal is to have my students leave each class feeling refreshed and renewed.







PROFILE

Experienced and passionate yoga instructor with over 3 years of teaching experience and advanced training in Ashtanga and Vinyasa approaches, Hatha yoga, Power yoga, Animal flow.

Committed to providing extensive instruction and counselling to my clients, while motivating them to find true inner peace and their healthier self.

Yoga Teacher at Ameya Himalyan Yogis Foundation



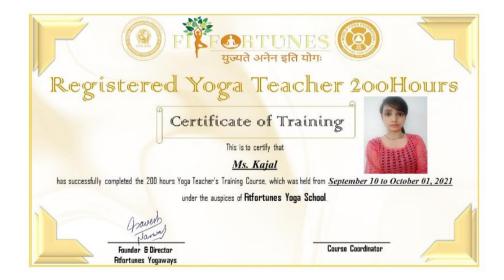
Palisheri, Himachal Pradesh





YOGA CERTIFICATION

200 HOURS Teacher Training Course



PATANJALI YOGAPEETH - YOG Teacher Training Certified

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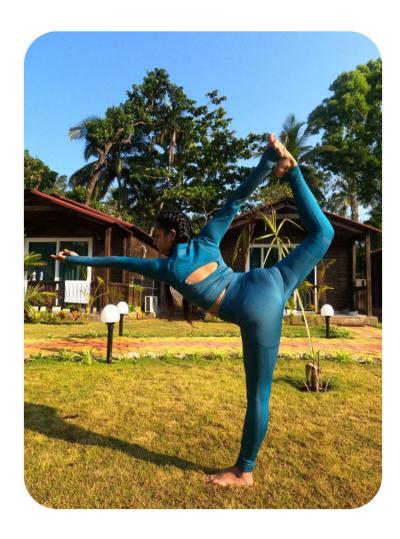
Advanced Yoga Abilities and Techniques

Strong Interpersonal Communication Skills

Effective Lesson Planning

Knowledge of Anatomy & Yoga Philosophy







WORK EXPERIENCE

Reebok & Adidas Yoga Trainer



Head Office Gurgaon

Flow Badminton Academy

YOGA TRAINER



Gurgaon

AYC Yoga Studio

HEAD TRAINER



Sec - 46, Gurgaon

Personal Home Yoga Classes



Gurgaon







