



KAJAL THAKUR

Yoga Practitioner

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.

 yogwithkajal@gmail.com

 +91-9643336409

 [/yogwith_kajal](https://www.instagram.com/yogwith_kajal)



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





SKILLS

Advanced Yoga Abilities and Techniques



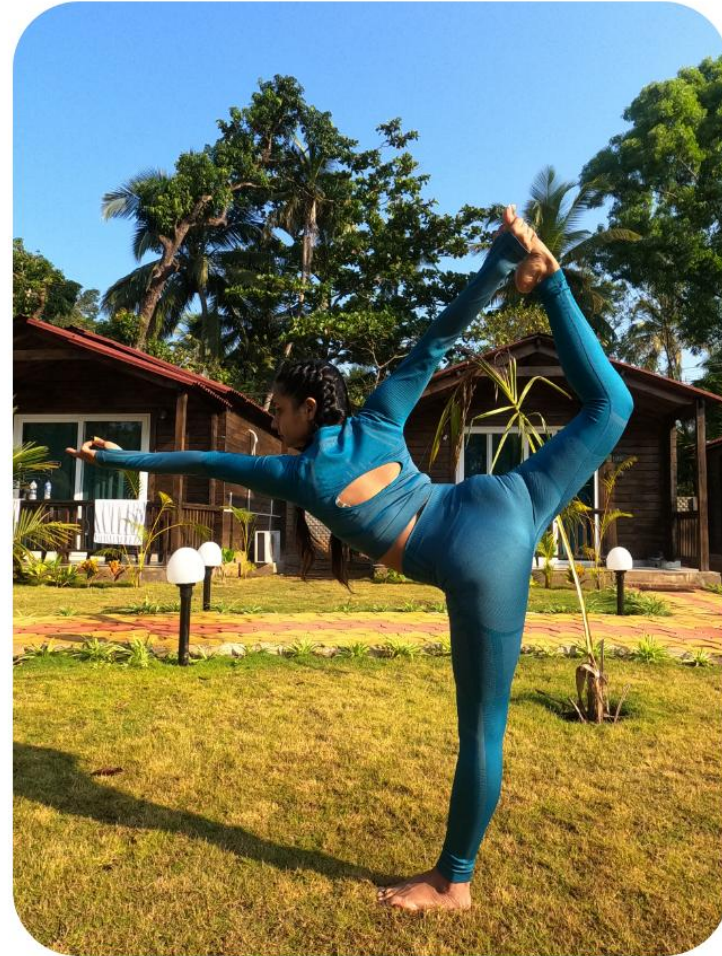
Strong Interpersonal Communication Skills



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

