





 [@duyencaochannel](https://www.youtube.com/@duyencaochannel)

## CONTACT

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 125 Dong Van Cong, Thanh My Loi Ward, D2, HCMC

## SKILLS

- Physical Assessment
- Personal Training Techniques
- Designing Exercise Programs
- Group instruction
- Verbal and Physical Communicating
- Counseling
- Goal-Oriented
- Openness to Learn
- Teamwork
- Proficiency in MS
- CPR/FIRST AID 115

## LANGUAGES

- English (Fluent)
- Mandarin (Basics)

# DUYEN CAO

## FITNESS INSTRUCTOR

## ABOUT ME

Fitness entered my life unexpectedly, and it led to a better and stronger me in all physical, mental, and spiritual dimensions. As a result, I decided to pursue fitness education in a variety of sectors in order to help individuals achieve their full potential, regardless of age, background, or training status.

## FITNESS EXPERIENCE

Yoga instructor & Ayurveda therapist 2022-2023  
**Sivananda Yoga Da Lat center**

- Explain basic poses of Hatha yoga & Pranayama to group attendants
- Perform healing treatment Abhyanga for Detox yoga vacation program

## FORMER EXPERIENCE

Senior Marketing Supervisor 2016-2020

CRM

Guest relation

**Club V E-gaming, Pullman hotel, D1, HCMC**

## FIELD CERT

Fitness trainer 2024  
Getfit Academy

Sport massage therapist 2024  
Getfit Academy

108h Ayurveda therapist 2022  
Sivananda Yoga Vedanta Centres

200h Yoga instructor 2020  
Sivananda Yoga Vedanta Centres