



# VINAYAK RANJAN JHA

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## ABOUT ME

I am dedicated health coach and yoga therapist passionate about improving my clients health, wellness and quality of life. Creating exercise programs using the latest techniques for teens, adults and senior citizens tailored to individual strength and needs.

## SKILLS:-

- Meditation Training
- Yog philosophy teaching
- Developing exercise programs
- Fitness assessment
- Nutrition advice
- Weight training
- Hath Yoga
- Yin Yoga
- Asthang Vinyasa
- Bikram Yoga

### Specialties In:-

- Hath Yoga
- Asthang flow
- Meditation
- Therapy for disease

## EXPERIENCE

- Freelancer Yoga trainer | May-2021 to Dec-2022

### Vinayak Online Yoga Classes

- Lead individual or group workouts, including aerobic exercise
- Work with clients to reach their goals
- Develops exercise, nutrition and health programs

## EDUCATION AND CERTIFICATE

2017	High School
2019	Higher Secondary School
2020-2023	Bachelor of science In (Yog Science) From University of Patanjali

## SPECIAL SKILLS

National Level Gold Medalist  
Achieve Best Player Award 2019  
Vipassana Meditation