

### **Career Intention**

My Intention is to work as a yoga teacher and to help students discover the love ,light ,truth and peace within each of us. Yoga helped me find myself and it made life easier and more enjoyable , it is meaningful for me to share that joy with others.

### **Strength**

I guide students to recognize the place of peace within each of us , and I help them feel grounded and safe .I work with students of varying levels.I lead my classes with an earthy , grounded demeanor , and years of voice lessons help me to maintain a soothing voice to guide my students throughout their practice.

### **Areas of Expertise**

Meditation

Stress management

Power yoga

Traditional yoga

Public Speaking

Motivator

Problem solving skills

### **Experience**

**Working as a yoga instructor from October 2009 to current.**

**Provide yoga training to the trainees individually, as well as in group.**

**Work as a yoga teacher in a well established school in Gurgaon , since july 2010 to till 2019**

**Worked as a yoga instructor in Nu Tech hospital Green Park.**

**Experienced working in a sports environment and gym also.**

**Great quality experience in Corporate Class .**

**Took a workshop on Yoga in Tihar jail delhi.**

### **Class schedule**

**Session timings:** 60 Minutes

**Session details:-** give students in depth understanding of breathing and correct Aasans techniques and pay attention to the needs of every student throughout each session or class.

### **Stress Management**

Yoga is a mind-body practice that combines physical poses, controlled breathing, and meditation or relaxation. Yoga may help reduce stress, lower blood pressure and lower your heart rate. And almost anyone can do it.

**Poses.** Yoga poses, also called postures, are a series of movements designed to increase strength and flexibility. Poses range from lying on the floor while completely relaxed to difficult postures that may have you stretching your physical limits.

**Breathing.** Controlling your breathing is an important part of yoga. Yoga teaches that controlling your breathing can help you control your body and quiet your mind.

**Meditation or relaxation.** In yoga, you may incorporate meditation or relaxation. Meditation may help you learn to be more mindful and aware of the present moment without judgment.

**Stress reduction.** A number of studies have shown that yoga may help reduce stress and anxiety. It can also enhance your mood and overall sense of well-being.

**Improved fitness.** Practicing yoga may lead to improved balance, flexibility, range of motion and strength.

**Management of chronic conditions.** Yoga can help reduce risk factors for chronic diseases, such as heart disease and high blood pressure. Yoga might also help alleviate chronic conditions, such as depression, pain, anxiety and insomnia.

### **Academics**

**Ø Passed YCB LEVEL 2 2019**

Ø CCYWI ( CERTIFICATE COURSE IN YOGA FOR WELLNESS INSTRUCTOR ) From MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ø AYS ( CERTIFICATE COURSE IN ADVANCE YOG SADHANA) from MORARAJI DESAI NATIONAL INSTITUTE OF YOGA

Ø CCPM ( CERTIFICATE COURSE IN PRANAYAMA AND MEDITATION) from MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ø CCY ( CERTIFICATE COURSE IN YOGA) from MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ø yoga course for health promotion from MORARJI DESAI NATIONAL INSTITUTE OF YOGA

Ø DNYS (Diploma in Naturopathy and yogic science) Rajghat Delhi.

Ø B.A Passed from M.D.U ROHTAK in PSYCHOLOGY

Ø 12th from BOARD OF SCHOOL EDUCATION HARYANA

Ø 10th from BOARD OF SCHOOL EDUCATION HARYANA

### **Personal Details**

Father's Name	:	Sh. Ram Niwas Saini
Date of Birth	:	12th -April-1987
Gender	:	Male
Matrial Status	:	Unmarried
Religion	:	Hindu
Languages Known	:	Hindi, English
Hobbies	:	Motivating people