



ABHISHEK KUMAR

YOGA INSTRUCTOR / YOGA TEACHER



Male



6206222428



30/07/1996



abhishekgupta98350@gmail.com



Palava city 421204, Dombivli, Navi Mumbai, Maharashtra



Highly motivated and energetic yoga instructor who is comfortable working with people of all ages and has deep knowledge about asanas as well as relaxation and breathing technique. Enjoy inspiring others to improve Wellness and commit to long-term health and fitness goals.

Professional Education

M.sc in Yoga Therapy, Tamilnadu physical education and sports university, chennai, Tamilnadu

June 2019 - May 2021

Bachelor in Yoga

Kaivalyadhama Yoga Institute, Lonavla, pune, Maharashtra

July 2015 - May 2018

Work experience

Araham Yogashala, Yoga Instructor

FEB 2022 - PRESENT

Led up to 30 yoga classes per week including Hath yoga, Ashtang vinyasa, Hot yoga and yin yoga.

Motivated clients to achieve their personal fitness goals.

Taking 4 group classes in the morning session for all age groups

And 2 evening batches for kids, age group 6 to 20

Himalaya Yoga and holistic living Institute, Bhimtal, Uttarakhand Yoga Teacher /Instructor

JUNE 2020 - JAN 2022

1. Explained different yoga styles and poses up to 30 students per class.
2. Cultivated positive relationship with participants by interacting with group during fitness classes.
3. Instructed students in breathing, Meditation and yoga asanas techniques to improve strength and flexibility

Certifications

2020: Inter university competition in Yoga, Form 3

Skills

Language:

English, Hindi

Computer:

Basic knowledge of computer

Interests

Music

Additional information

Hath yoga
Iyengar yoga
Ashtang vinyasa
Hot yoga
Power yoga
Kids yoga
Traditional yoga
Strong communication skills
Demonstrating exercise
Yoga Poses
Group Instructions
Leadership

Honors & Awards

2019: Ugc Net Qualified for Assistant Professor