

Contact

www.linkedin.com/in/ritika-tyagi-377842b4 (LinkedIn)

Top Skills

English
Yoga Instruction
Yoga

Languages

Hindi
English

Ritika Tyagi

Yoga Trainer
Gurgaon

Summary

Certified group fitness trainer adapt at designing enjoyable, effective workouts that can be easily modify to meet individual needs and limitations and that also helps clients to achieve toned bodies, peaceful minds, and a positive soul.

Experience

CultFit
yoga Trainer
October 2019 - Present (11 months)
Gurgaon, India

Sarva
Yoga Instructor
June 2018 - June 2019 (1 year 1 month)
Chennai Area, India

Education

Mysore Ashtanga yoga
RYS-200 HRS TTC, Yoga Teacher Training · (2019 - 2019)

University of Patanjali, Patanjali Yogpeeth, Haridwar
Master's degree, Yoga · (2016 - 2018)

S.D. College Of Management Studies, CCS University, Meerut
Bachelor's Degree, BCA · (2013 - 2016)

shri guru ram rai public school
intermediate, PCB · (2009 - 2013)