

## Contact

[www.linkedin.com/in/ritika-tyagi-377842b4](https://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 adept at designing enjoyable, effective workouts that can be easily modified to meet individual needs and limitations and that also helps clients to achieve toned bodies, peaceful minds, and a positive soul.

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## 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

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## 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)