



Name - Avni Gupta

About:

Skilled and certified Yoga Instructor (Freelancer). Yoga practitioner for more than 10 years. It's been a passion leading a yogic lifestyle and helping people with their physical and mental health by regular practice of various asana, pranayama and meditation.

Contact Details:

- 9407258913
- yogawithavnii@gmail.com
- Instagram : yogawithavnii

Achievements:

- 200 HOURS RYT CERTIFIED from RISHIKUL YOGSHALA (RYS Certified with YOGA ALLIANCE), RISHIKESH, UTTARAKHAND.
- 300 HOURS RYT CERTIFIED from HIMALAYAN YOGA ASSOCIATION (RYS Certified with YOGA ALLIANCE), RISHIKESH, UTTARAKHAND.
- 85 HOURS RPYS from OM YOGA INTERNATIONAL (RYS Certified with YOGA ALLIANCE), RISHIKESH, UTTARAKHAND.
- 1 Year Yoga Diploma from MAHARSHI MAHESH YOGI VEDIC VISHWAVIDYALAY, JABALPUR, M.P.

Work History:

2019-2024

- Lead free online classes for more than 200 students per day for one and half month during Corona.
- Provided personalized classes based on person's requirement.
- Taught beginners to advance level postures, original and with modifications for different fitness levels.
- Taught various Pranayama with proper breathing techniques.
- Guided Meditation/Yog nidra was taken at the end of every session.
- Explained the Anatomy of correct postures with its benefits and who should avoid doing particular asana and pranayama.
- Working with Chitranjali Yoga since December 2022 onwards.
- Taking 6 classes per day Monday to Friday.

Declaration:

I hereby declare that the above written particulars are true to the best of my knowledge and belief.

Date: _/_/_

AVNI GUPTA



AWARDED TO

Avni Gupta

For the successful completion of 200 Hour Yoga Teacher Training in Hatha and Ashtanga Yoga as expounded in the traditional scriptures. This student has demonstrated both practical and theoretical understanding of the Ethical guidelines for teaching, assisting, and correcting a typical Yoga class. The Training program meets all the standards set by Yoga Alliance USA.



Date: February 2020



Bipin Baloni

Bipin Baloni
Director of Teacher Training

Rishikul Yogshala
Run under Rishikul foundation
Regd. No 159/2012-2013

Manmohan Singh

Manmohan Singh
Chief Operating Officer

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Certificate of Completion

This certificate is awarded to

Avni Gupta

Who Has successfully completed 300 hours Ashtanga / Hatha & Vinyasa flow-based yoga teacher training From 1st of October to 30th of October 2021 that includes extensive practical as well as theoretical practices of all aspects of yoga.

Certificate awarded on 30th of October 2021 at Himalayan Yoga Association In India
YA ID- 236318 & Society Registration ID- UK06003052020003852



Himanshu Joshi

Himanshu Joshi
FOUNDER

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