

Rohit Yadav



❖ CERTIFIED YOGA
INSTRUCTOR

● 7827211138

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PERSONAL DETAILS

Date of Birth : 11th July 1998

Gender : Male

Language Known : English, Hindi

Nationality : Indian

Knowledge of Anatomy and Physiology

1. HATA YOGA
2. POWER YOGA
3. VINAYASHA
4. MEDITATION
5. CHAIR YOGA
6. BAMBOO STICK YOGA
7. AERIAL YOGA
8. PARTNER YOGA
9. FOLLOW YOGA
10. YOG NIDRA
11. YOGA FOR STRENGTH
12. YOGA FOR STRESS
MANAGEMENT

SUMMARY

Self motivated Yoga practitioner since 8+ year under the guidance of well regarded Yoga Gurus. Yoga become my passion at a very early age which inspired me to study Yoga and make a profession out of it. I enjoy teaching yoga and encourage to improve wellness and quality of life. Committed to provide long term health and fitness goals for the well being of society under any circumstances.

EDUCATION

- 10th Passed From MDU Rohtak
- 12th Passed From MDU Rohtak
- B.A in Yoga and Sanskrit From LBS University Delhi (2019)
- PG Diploma in Yoga from Lbs University Delhi (2020)
- M.A In Yoga & Sanskrit from Lbs University Delhi (2019-2021)
- M.A In Yogic Science From Uttrakhand Skt University (2023)
- PG Diploma in Naturopathy from Lbs University(2023)

EXPERIENCE

- Yoga instructor with 5+ year of experience in Traditional (Ashtanga , Hatha) Yoga , power Yoga , yoga for Men ,Women and Children's with proficiency in Pranayama and Meditation Technique's .
- Experience Yoga coach in training students for INDIA Interuniversity Yoga Championship

STRENGTHS

- Work well with all experience level
- Quick learner
- Consistently good academic record
- Good analytical and communication skills
- Adaptive and collaborative spirit

ACHIEVEMENTS

- Participation in All INDIA Interuniversity Yoga Championship 2017 & 2018
- Participation in All INDIA Interuniversity Yoga Tournament 2019 & 2020