



# Raja Tyagi

Y O G A T E A C H E R

## CONTACT



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Ravan Urf Baragaon

## EXPERTISE SKILLS

- Vinyasa
- Ashtanga
- Hatha
- Yoga Breathing exercise
- Meditation
- Stretching Techniques
- Yoga Safety
- Anatomy
- Calm
- Creative
- Focused

## LANGUAGE

English ●●●●●●●●  
Hindi ●●●●●●●●

## INTEREST



Travelling



Books

01

## PROFESSIONAL PROFILE

Teacher of a fitness and wellness professional lead group classes in yoga. Can teach students how to perform the various stretching poses. Can Teach practice meditation and promote mindfulness in addition to overall wellbeing.

02

## EDUCATION

### Diploma in naturopathy & Yogic Sci.( Dnys)

Akhil Bhartya Yog & Prakritik Chikitsa(2021 - Present

### P.G Diploma in yoga

Rishikula Yoga Peeth, Unnao (2021-22

### BA in History

Ch. Charan Singh University (2016 - 2019)

## EXPERIENCE

03

Shri Krishna Yogshala, Mar 2020 - April 2021  
Barwala, Muzaffarnagar

- Works closely with the team .

Madhav Saraswati Vidhya April 2021 - Present  
Mandir, Subhanpur , Baghpat

- Physical Education & Yoga Teacher
- Camp Attend (Prakritik Jeevan Kendra, Swadhay Aashram, Patti Kalyana (Haryana) 2021
- Camp Attend Kaya Kalp Prakritik Ch. Kendra, Morta, Ghaziabad 2022