

JAYA MANI TIWARI



Contact

@ jayamanitiwari91@gmail.com

9821492790

8 , central Rd Jangpura Bhogal , 110014

Skills

Good anatomy and physiology knowledge 80%
Good teaching skills
Helps in Weight lose and gain
Breathing exercises Excellent
knowledge of dhyana meditation

Interests

Traveling reading

OBJECTIVE

To build meaningful relationships with clients by creating an environment where they feel comfortable expressing themselves openly without judgement or criticism.

EXPERIENCE

Home classes

Personal yoga trainer

2020 -
Currently

Working as a personal yoga trainer for meditation, pranayam, weight lose, weight gain, cervical, back pain, knee pain, thyroid

Crazyown fitness

Yoga trainer

Jan 2023
- March

Working as a personal trainer for weight lose weight gain, general fitness, cervical, thyroid, hyperthyroidism, meditation pranayam, dhyana, mantras and all.

2024

EDUCATION

Delhi University

B.A

67

2018

Morarji Desai National institute of yoga

Certificate course in yoga for protocol instructor
A

2019

Morarji Desai National institute of yoga

Diploma in yoga for wellness instructor
A

2019