

# KANHA



## CONTACT

Passport No.U2986395

+91-9399409227

kanhagupta9399@gmail.com

## OBJECTIVE

Looking for position of a yoga instructor in your yoga centre to provide the best teaching and help students develop their skills so that they can achieve balance of body and mind

## SUMMARY OF SKILLS:

✓experience of teaching yoga to all age of students.

✓Knowledge of several asnas and breathing techniques.

Ability to demonstrate and teach techniques for good knowledge of human anatomy and impact of asnas on different body parts.

Excellent communication, interpersonal and move oral skills

## WORK EXPERIENCE

2year teaching experience in astanga Yogpeeth Laxman jhula Rishikesh Uttarakhand

## DEVELOPING CURRICULUM ACCORDING TO THE NEEDS OF STUDENTS AND THEIR MEDICAL PROBLEMS:

✓Monitoring and instructing students during yoga training session.

✓Leading group classes and teaching clients basic and advanced techniques of yoga.

✓Develop skills.

✓Helped hundred of students develop on media and breathing techniques.

✓Contributed in improving lifestyle of clients and and fighting with diseases.

✓Taught art of yoga and improve fitness and personal.

✓Instructed and improved body posture and alignment.

## PROFESSIONAL COURSE AND CERTIFICATE:

2013. ✓ 10th PASSED

2015. ✓. 12th. PASSED

2019-20. ✓. M.A yogic science

2020 ✓ YTTC

## PERSONAL QUALITIES

✓Ability grab the thing faster,quick learner and a hard working, sincere and punctual.

✓Thrive on working in a chalanging environment.

## JOB RESPONSIBLE HANDLE

✓Respond to guest needs and resolves any issues that may arise.

✓Requirments

## PERSONAL DETAILS

Father name : Mr Neelkanth

DOB. : 02/12/1997

Gender. : male

Marital status: 6ft

Language. : Hindi, english,chinese

Adress. : Bilaspur Chhattisgarh 495112

## DECLARATION

✓ I hereby declare that all the information given above is true to best of my knowledge.

Date:

Place:

KANHA