

RESUME

NEHA SYAL

F-241,GALI NO 18,

Adarsh Enclave phase-VI

Aya Nagar,South Delhi-110047

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Summary

Motivated Yoga Instructor with advanced training in yoga and specialization in ashtanga principles. Enjoy inspiring others to improve wellness and commit to long –term health and Fitness goals. Energetic and outgoing with collaborative spirit.

Education and certificates

- 12th passed from CBSE Board.
- Pursuing BA from IGNOU (3rd year).
- Foundation course in yoga science from MDNIY.
- Certificate course in yoga for wellness instructor 450hrs from MDNIY, (PASSED WITH FIRST DIVISION).

SKILL AND EXPERIENCE

- Regular General & intermediate yoga session for people .
- Practicing yoga from last 7 years.
- Advance asanas.
- Participated in “State level yoga championship” .
- Pranyama & meditation .