



# Sohan Singh

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## Objective

To promote yoga as a tool to stay healthy and lead a disease free lifestyle the society through the acquired experience and knowledge of Anatomy and Physiological adjustments and yoga practices.

## Strength

- Life Long Learner
- Encouraging Power
- Friendly Nature
- Social Service
- Understanding Coach
- Adoptable Professional

## Skills

- Fitness Instructor
- Communication
- English, Hindi ,Punjabi
- Stress Healing Through yoga, asanas and Meditation
- Yoga for Thyroid, Hypertension and Different types of Chronic Diseases
- Health and Wellness Techniques
- Meditation and Breathing Techniques

## Experience

5 years of Experience in Yoga

- 1 Year Of Experience at Dilli Ke Yogshalla
- Four Years Experience In Yoga Classes At Home & Online

## Technical Qualification

- Pursuing M.A In Yoga from Uttarakhand Open University
- Diploma in Yoga from Delhi Pharmaceutical and Science Research University
- YCB Level-I from Ayush Mantralaya.
- 3 Months Certificate Course in Yoga And Ayurveda from Red Cross
- 1 Months Certificate Course in Yoga from Patanjali

## Academic Qualification

- Master In Computer Application from Indira Gandhi National Open University
- PGDCA(Post Graduate Dip. In Computer Application) from IGNOU
- B.Sc (2001) from Punjab University Chandigarh

## Fitness Instructor Qualities

- Provide students the deep knowledge of impact of asanas (poses) on different body parts.
- Conducted begginer, intermediate and personal yoga classes
- Guided meditation.
- Give in depth understanding of breathing techniques.
- Built genuine relationship with client to establish my value as a wellness coach