

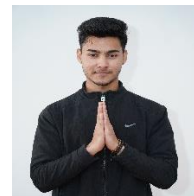
ROHIT GUSAIN

Experienced Yoga Instructor

@ gusainr560@gmail.com

📍 Rishikesh, Uttarakhand

☎ 7409034569



SUMMARY

Experienced Yoga Instructor with hands on 3+ years' experience. Passionate about providing unique, healing, and relaxing yoga sessions to guests, and committed to maintaining a world-class guest experience.

EXPERIENCE

Private Yoga Instructor

Self-employed

📅 December 2022- Present

📍 Rishikesh, Uttarakhand

Provided personalized yoga sessions for individual clients resulting in improved flexibility, posture, and stress reduction.

- Designed personalized yoga routines to meet individual clients' needs and goals.
- Demonstrated and coached proper techniques and postures to help clients achieve maximum benefits from each session.
- Received consistent 5-star ratings and positive feedback from clients.
- Instructed students in the methodology and philosophy of yoga asana (posture), pranayama (breathing) and meditation.

Yoga Teacher

Aradhana Yogshala

📅 January 2019- November 2022

📍 Rishikesh, Uttarakhand

- Developed and conducted various styles of yoga classes including Hatha and Vinyasa.
- Provided modifications and adjustments to ensure safety and comfort of participants.
- Mantras Chanting
- Meditation
- Alignment and Adjustments

PROFESSIONAL CERTIFICATIONS / EDUCATION

6 months- Certified Yoga Course

Uttarakhand Sanskrit University

1 year- Certified Yoga Course

Aradhana Yogshala

STRENGTHS

Effective Communication

Ability to communicate complex ideas effectively to all levels of students

Adaptability

Able to adjust to changing class needs, styles and levels.

Attention to Detail

Thorough and meticulous in class planning, execution and documentation.

Result-oriented

Proven track record of increasing student satisfaction and retention through results driven teaching methods.

SKILLS

Hatha Yoga

Vinyasa Yoga

Private Session Planning

Meditation

Group Class Management

Yoga Philosophy and Ethics

Breathing Techniques

LANGUAGES

❖ Hindi

❖ English

EDUCATION

Bachelor of Arts (Yoga)- Pursuing
12th - UK Board