

GAUTAM MALIK

Experienced Yoga Instructor And Physical Education Teacher

☎ 8130926001

📍 DELHI

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SUMMARY

Experienced Yoga Instructor with a background in intuitive healing and alternative healing practices. Passionate about providing unique, healing and relaxing yoga sessions to guests, and committed to maintaining a world-class guest experience.

EDUCATION

M.A YOGASHASTRA

Kavikulguru Kalidas Sanskrit University

📅 2022 📍 Nagpur

DIPLOMA IN YOGA SCIENCES

Morarji Desai National Institute of Yoga

📅 2019 📍 NEW DELHI

BACHELOR OF PHYSICAL EDUCATION

Noida College of Physical Education

📅 2016 📍 Noida

EXPERIENCE

Yoga Teacher

Delhi Public School Mathura Road New Delhi (2022- Present)

📅 2022 📍 New Delhi

Yoga Teacher DELHI PUBLIC SCHOOL MATHURA ROAD NEW DELHI (2022- PRESENT)

- Promoted holistic wellbeing through teaching and consultation.
Designed yoga class sequences and integrated lesson plans, including vinyasa and flow formats for beginner and advanced students.
Demonstrated postures to students and supported them in finding their right poses.
Helped students develop their body and mind awareness, as well as physical strength.
Mentored beginner trainees on their yoga path.
Ensured safety and students comfort during the classes.
Lead group meditation sessions and flow yoga projects.
Maintained positive relationships with students and immediately addressed any concerns.

Private Yoga Instructor

Yog Aushdhi (Online classes)

📅 2021 📍 Model Town (Delhi)

Self-employed

- 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.

SKILLS

Hatha Yoga

Vinyasa Yoga

Restorative Yoga

Meditation

Breathing Techniques

Private Session Planning

Group Class Management

ACHIEVEMENTS



National Tournament Game (kerala 2009)

Participation



Yoga Day (21th june 2020-2021)

Yoga Instructor

ACHIEVEMENTS



National Baseball Tournament Championship (2016)

Participation

STRENGTHS



Adaptability

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



Attention to Detail

Thorough and meticulous in class planning, execution and documentation.



ADDITIONAL SKILLS

1 Athletics coach (2) Fitness Trainer

LANGUAGES

ENGLISH

Native



HINDI

Native

