

ARUN SHARMA

CONTACT

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SKILLS

- Expertise in hatha vinyasa and ashtanga yoga
- Ability to create customized yoga programs for individuals and groups
- Strong communication and interpersonal skills

HOBBIES

- Yoga
- Reading Books
- Listening to Music
- Travelling

PERSONAL DETAILS

Gender:- Male

Nationality:- Indian

Language:- Hindi & English

CAREER OBJECTIVE

"To obtain a position as a yoga instructor where I can utilize my extensive knowledge of yoga and passion for teaching to help students improve their physical and mental well-being. My objective is to create a safe, supportive, and inclusive environment for students of all levels to explore and deepen their yoga practice."

EXPERIENCE

Internship at YTTC, Yoga Instructor

(Jan 2023 - March 2023)

- Assisted in planning and executing yoga classes for students of all levels
- Conducted demonstrations and provided verbal cues to help students improve their practice
- Assisted in maintaining a clean and safe studio environment
- Responded to student inquiries and provided guidance on proper alignment and modifications
- Contributed to the development of new yoga programs and workshops

EDUCATION

- Bachelor of Arts, Final Year
School of Open Learning, University of Delhi Expected Graduation: [June 2023]
- Senior Secondary Education (10+2)
CBSE, Delhi Year of Completion: 2020
Percentage: 90%
- Secondary Education (10th) CBSE, Delhi
Year of Completion: 2018 Percentage: 70%

CERTIFICATIONS & ACHIEVEMENTS

- English spoken course from The Delhi Skill and Entrepreneurship in collaboration with Cambridge
(November 2022-January 2023)
- 200-Hour Yoga Teacher Training Course
Yoga Alliance, Dec 2020
- Zonal Champion certification in Yoga for consecutive 5 years (2015-2020)
- National Cadet Corps (NCC) HolderA
Certificate from 5 Delhi Battalion, 2018
- Scout and Guide Certification
Trekking/Climbing in Uttarakhand, 2015

