

RANVIJAI



CONTACT



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249137

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SKILLS

Power yog

Vinayasa flow

Hath yog

Advance yogasana practice

Therapy sessions for various Diseases
PCOD AND PCOS , DIBETIES ,
CERVICAL , THYROID , BACK PAIN ,
ARTHRITIS , FROZEN JOINTS , HEART
DISEASE , BLOOD PRESSURE , etc.

Pranayam

Meditation for mental health and
peace

Weight loss and women's Health

Group Instructor

Chair Yog

Corporate yog

OBJECTIVE

Skilled , Experienced and Certified yog instructor with an ability to build effective relationships with students background and skill levels. Hardworking , dedicated and supportive with excellent communication and problem solving abilities. I seek challenging opportunities where I can fully use my skills for the success of the organization.

EXPERIENCE

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Online yoga sessions

Freelance Online Yoga Instructor

Motivated clients to achieve their personal fitness goals through developing and modified routine.

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Group Yoga Sessions

Yoga Trainer

Experienced with working with people of all ages.

Wuscle Dog Fitness

25/11/2019 - 10/01/201

Yog instructor

Explained different yoga styles and poses to over 10 students per day.

EDUCATION

Rajasthan University

2021

Post Graduation (Master in Yogic sciences)

A

Yog Upasana Rishikesh

2022

3 months hatha yog course

A

Morarji Desai National Institute of Yoga

2018

Foundation Course In Yoga Science For Wellness. (1 Month Duration)

A

Morarji Desai National Institute of Yoga

2019

Certificate Course In Yoga For Protocol Instructor. (3 Months Duration)

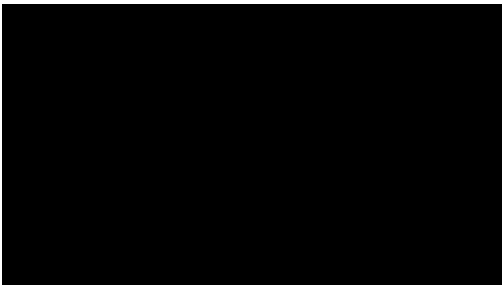
A

CSJM University Kanpur

2014

Graduation (B.A)

B



U.P. Board
2011
Intermediate
B

U.P. Board
2009
High school
B