



SUNILA

Citizenship: India

PROFESSIONAL YOGA & FITNESS TRAINER

PROFILE

Yoga & Fitness Trainer with thorough hands-on experience of 5 years. Trained & certified from institutions such as Patanjali Yogpeeth & Mysore Vivekananda Yoga Education & Research Institution. Energetic and outgoing with collaborative spirit.

EXPERIENCE

2015-present

- Ekta Yoga Classes, Panchkula (July 2017)
- Burn Gym, Panchkula, Haryana (Feb 2018)
- Ultimate Fitness Sec-70, Mohali (March 2019)
- Devzila Software Solutions (May 2019-Current)
- Have given personal trainings to men & women of all ages during the course of 4 years
- Group training to corporate employees for creating a stress-free environment

SKILLS

- Certified instructor in Pranayam, Guided meditation, Asanas, stretching & flexibility
- Speciality in weight loss for men, women & children
- Experienced in healing back pains, cervical, thyroid, cancer, headache (migraine, sinus), knee & joint pains, asthma, diabetes, blood pressure, eyesight problem etc. through various Yogic exercises
- Expertise in conditioning a better functioning of liver, intestines & pancreas
- Experienced in healing gynae problems like PCOD, PCOS, cyst and training for pre & post-pregnancy Persistent & hardworking in creating a self regulation lifestyle

EDUCATION & CERTIFICATION

- 10th, +2 Education from Haryana Board School Education (HBSE)
- B. Sc. Naturopathy & Yoga 2014-17
- Diploma in Yoga Education, Vivekananda Yoga Education & Research Institution (2018) Mysore
- International Yoga Sports Cup (merit) Haryana, 2018.
- International Level, Open Yogasana Championship 2019.
- 200&500 Hrs Registered Yoga Teacher with World Yoga Alliance (2019)
- YIC (Yoga Instructor Course) from Mysore Vivekananda Yoga Education & Research Institution (2018)
- TTC Yoga Training from Patanjali Yogapeeth Trust, Haridwar
- Associate Yoga Teacher, Patanjali Yogapeeth Trust, Haridwar (2017)
- Participation at University level sports championship, 2005.
- Yoga sports federation (Y.S.F) Karnataka

<http://ektayoga.in>

E-mail: ekta.yogaclass@gmail.com