

## Summary

Motivated Professional Yoga Teacher with deep knowledge of Yoga. Enjoy inspiring others to improve Wellness and commit to long term Health and Fitness Goals. Energetic and outgoing with collaborative Spirit.

## Skill

- Excellent Knowledge of **Shatkarma, Aasana, Pranayama Mudra's & Banda's**.

## Qualifications

- **Master's in Yogic Science** from Uttarakhand Sanskrit University.
- **Bachelor in Yoga And Naturopathy** from UOU with **Ist Division**.
- **One Year Diploma in Yoga And Naturopathy** from UOU.
- **Bachelor of Arts** from CCS University Meerut.
- **Intermediate** from U.P. Board with **Ist Division**.
- **High School** from U.P. Board with **Ist Division**.

## Experience

- **Presently Working as a Professional Yoga Teacher** in Gurugram.
- **Two Years** of Work experience as a **Senior Yoga Teacher** at **Yoga Vidhya Peeth** Muzaffarnagar.
- **One Year** Experience as **Yoga Teacher** in **Addhyan Global Public School** at Muradnagar.
- **Had Organised** Many Free Yoga Camp of **Patanjali Yog Samiti** Haridwar.
- I am associated with **"Pregnancy Yoga with Yogita"** since last 5 year.
- I have **5 year experience in prenatal and postnatal yoga**.

## Personal Information

**Father's Name** : Mr. YashPal Singh  
**Date of Birth** : 10/05/1995  
**Nationality** : Indian  
**Marital Status** : Married

**Per. Address** : Sector 52,Gurugram,Haryana,122003

***Declaration:***

I hereby declare that the above-mentioned information is correct up to my knowledge and I bear the responsibility for the correctness of the above-mentioned particulars.

**Place: Gurugram**

**(TANU)**

**References Available Upon Request**