



Jyoti Thakur  
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RECOGNISED CERTIFIED YOGA TEACHER, HAS BEEN TEACHING SINCE 2020

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#### CERTIFICATES

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- Certified POWER YOGA from Yog Power Studio – Mumbai (2019)
- YACEP Asana Alignment Certificate Course (30 Hours) – Praveen- Yoga
- Ministry of Ayush (govt. of India) – Level 3 (Yoga Teacher & Evaluator from Yog-Vidya Gurukul
- Yoga Alliance – 200 Hours 300 Hours from AADI YOGA (Rishikesh)
- Aerial Yoga – 50 hours from AADI YOGA – (Rishikesh)

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#### EXPERTISE & EXPERIENCE

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HATHA YOGA  
ASHTANGA VINYASA YOGA  
AERIAL YOGA  
POWER YOGA  
MEDITATION

3.5 Years of YOGA teaching with Group & Private YOGA Sessions As well as Kids Yoga Activity.

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#### EDUCATION

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- Barkatullah University – Bhopal (M.P) Year – 1998
- PGDCA – (2000)

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#### LANGUAGE KNOWN

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- HINDI & ENGLISH
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