
Mahender Kumar

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Summary

Motivated Yoga Instructor with advanced training in yoga and specialization in Meditation/Dhyan Yog. Enjoy inspiring others to improve wellness and commit to long-term health and fitness goals. Energetic and outgoing with collaborative spirit.

Highlights

- Encouraging Leader
- Adaptable Professional
- Flexible Instructor
- Team Player
- Intuitive
- Fast Learner
- Understanding Teacher
- Customize Programs to Individuals
- Life-long learner
- Work well with all experience levels

Experience

June, 2016 to Present Working as Personal Trainer Yoga Instructor

- Lead yoga classes for all skill levels, from beginning to advanced.
- Teach student correct postures to ensure maximum benefit and safety.
- Provide guided meditation at the beginning and end of each class to help students center themselves and get the most out of each session.
- Work with students of all body types and fitness levels to develop customized programs and positional adjustments that increase skill, fitness and wellbeing.
- Give students in-depth understanding of breathing techniques.

**February, 2009 to June, 2016 Localize Trainer
Yoga Instructor**

- Addressed incorrect movements and repositioned students.
- Coordinate with participants and counsel on lifestyle and diet issues to ensure healthy body and mind.
- Analyze each participant requirement and develop exercises to suit every individual.
- Prepare groups for classes and demonstrate exercises.
- Inform participants in various forms of yoga and its effect on body and mind.
- Monitor participant performance and recommend different form of yoga if required.
- Ensure appropriate ambience for participants to perform yoga exercises.

Professional Course and Certification

300-hour Yoga Training completed and became Asst. Yoga Teacher in 2009
Certified Yoga Teacher from Patanjali
Pursuing Naturopathy from Dr. Brij Bushan Goyal Institute

Affiliations

Yoga Alliance, Member 2017-Present