

Neha Singh Panwar



Objective

Motivated Yoga instructor with an energetic and outgoing personality with advanced training in yoga and specialization in various yogic principles.

Currently looking for a Yoga teacher or instructor position to make effective use of my acquired skills and knowledge, in order to positively impact people and eventually create harmony amongst all life forms.

Educational Experience

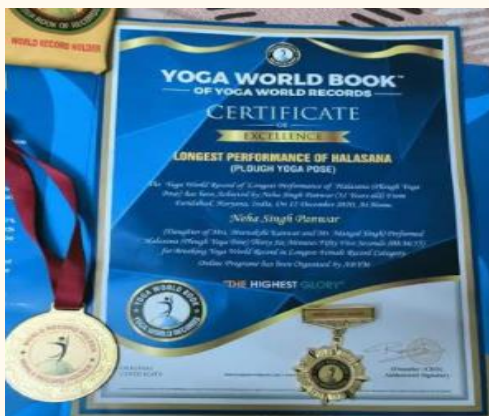
- ❑ NDDY (Naturopathy diploma diet and yoga) 3year 6MonthDiploma (2010-2013)
- ❑ Yoga Diploma from Yoga Sadhana (Bapu Nagar, Jaipur, Rajasthan)
- ❑ M.A.in yoga from Jain Vishva Bharati Institute (Ladnun) in 2020.

Work Experience

- ❑ Currently working as a freelancer by offering online classes all over Delhi/NCR, Rajasthan (Jaipur).
- ❑ Was in the Teaching profession with body pulse diet Center and Yoga Centers. (Jaipur, Rajasthan)
- ❑ Worked as a Yoga Instructor in a Gold gym.
- ❑ Conducted many workshops in a VYS (Vivekan yoga mahasangh) as a professional Trainer.
- ❑ Worked as a Yoga therapist to give treatment of the spine and back.
- ❑ Specialized in Pregnancy Yoga

Achievements

- ❑ Gold medalist in Longest Performance in Hal asana (Awarded by Akhil Bhartiya Yoga Mahasangh – **ABYM**)
- ❑ Certificate of Appreciation by ABYM in performing All India Surya Namaskar Championship



Key Skill

- ❑ Expertise in Advanced Yoga Asanas and technique like Power yoga, Hatha Yoga, Shuddhi kriyas, Pranayam, Pregnancy yoga, Face yoga, Ashtanga yoga, Patanjali Yoga
- ❑ Knowledge of several asana and breathing techniques, kriyas and Meditation.
- ❑ Expertise in stress management programme.
- ❑ Good knowledge of human anatomy and impact of asanas on different body parts.
- ❑ Customized programmes and positional adjustments that enhance skills and fitness.
- ❑ Specialized in: - Pregnancy Yoga, Spine & back, Yoga Therapy
- ❑ Kids Yoga



Contact me at:

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