

RIPUNJ

YOGA INSTRUCTOR

 1st January, 1999  Panchkula, Chandigarh.

ABOUT ME

Motivated and exuberant Yoga Instructor with experience in versatile yoga practices. Passionate for developing fitness for clients, and helping them to transform their lives through yoga. Expertise in classical marma therapy, accupressure therapy and pranic healing.

SKILLS

Team Managment



Social Adaptability



Organizing Ability



Sense of Responsibility



LANGUAGES

English **Intermediate**

Hindi **Advaced**

EDUCATION & EXPERIENCE

- 2004-2014 **1st to 10th**
CBSE Board, INDIA
- 2014-2016 **+ 2**
CBSE Board, INDIA
- 2016-2019 **Bachelor of Art in Yoga**
University Of Patanjali, Haridwar, India
- 2019-2021 **Master of Arts in Yoga**
Uttrakhan Sanskrit University, Haridwar, India
- 45 Days (June 2019) **Trained Form Sarva Yoga Studio**
Banglore
- Working With H2 Origin**
Chandigarh
- Certified Yoga Instructor**
National Skill Development Corporation
Govt. Of India

 ripunjvyas

 Ripunj Vyas

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ATTENDED WORKSHOPS

- **ZENITH, PSYCHOLOGY WORKSHOP**
University Of Patanjali, Haridwar
- **3 DAYS WEBINAR ON YOGA**
Dev Sanskriti Vishwavidyalaya n 21
- **EFFECTS OF YOGA CARDIOVASCULAR DISEASES**
AIIMS, RISHIKESH.

OTHER INTERESTS

- **TREKKING,
READING,
RIDING,
EXPLORING,
WATCHING MOVIES.**