

Rohit Malik



PERSONAL INFO

ADDRESS: Vill.+post kudana

Distt- Shamli 247776

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EMAIL: rohitok12@gmail.com

DOB: 11-06-1996

GENDER

Male

MARITAL STATUS

Unmarried

LANGUAGE

English Hindi

SOFT SKILLS

Dedicated to work

Communication

Friendly Personality

Time Management

Self Motivated

CAREER OBJECTIVE

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

EXPERIENCE

- Have 1 year experience at rishikesh
- Having 2 year experience at delhi—
- Lead yoga classes for all skill levels from beginning to advanced.
- Teach student correct postures to ensure maximum benefits and safety.
- Provides guided meditation at the beginning and end of each session.
- Pay attention to the needs of every student throughout each classes.
- Prepared classroom areas before each group arrived.
- Give students in-depth understanding of breathing techniques.
- 1 Year experience at Maruti Suzuki.
- 6 Months Global Technical pvt. Company

EDUCATION

- High School Passed from CBSE Board
- Intermediate Passed from UP Board
- B.A from CCS University.
- M.A from Uttrakhand University
- 6 Months Tally course

CERTIFICATE

- 6 month Yoga Certificate Course
- Certified yoga teacher (RTY 200 hours)
- Yoga Anatomy & Physiology (35 Days)