

SHIV Chand

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To be a professional and to utilize my skill and knowledge to full fill the requirement of the organization in customer service.

Professional Experience	
Yoga Teacher	08/17 - Presen
Ashtanga primary series and vinyasa	
 Advanced 200 hours yoga teacher training. • 	
 500 hours advanced yoga teacher training. From the yoga institute. 	
 Worked at shudh yoga & wellness retreat center. , Rishikesh for 3 years. Worked at Gofigure fitness studio , Mumbai for 3 years . Worked as freelancer for 3 years . Currently working at Physiofit , Surat . Teaches young and elderly advance and basic asanas. Develops body -mind - spirit awarness,mental clarity , physical flexibility and streng linstructs clients on breathing techniques such as basic breath awareness and breathing techniques. 	
Education	
Purvanchal University B Com - 8.5	04/11 - 03/14
I have completed my graduation in commerce .	
Key Skills	
Black belt in Taekwondo .	

Interests -

Ashtanga and vinyasa.

Advanced Asana Ashtanga primary series .

- Traditional yoga.
- Kung-fu.

Kung-fu