



KESHAV PANDEY

YOGA TEACHER



CONTACT



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Address

Permanent Address :

Vill Devbara, PO Pipari, Distt
Prayagraj, Uttar Pradesh – 212401



Local Address :

Sec 110, New Palam Vihar,
Phase 1, Q-18, Gurugram,
Haryana – 122017



LANGUAGE

- English
- Hindi



CAREER OBJECTIVE

Looking for a position of a yoga instructor in your Yoga Center to provide the best teachings and help students develop their skills so that they can achieve balance of mind and body.



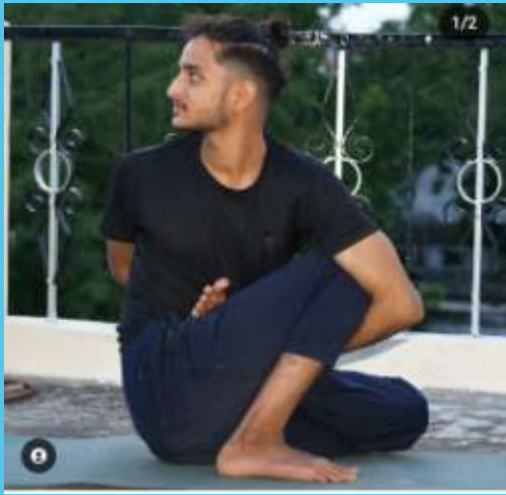
MY SKILLS & EXPERTISE

- Experience in teaching Yoga to all ages students.
- Knowledge of Ashtanga Yoga, Hathayoga, power yoga, pranayama and Many Asanas, breathing techniques, guided meditation, diseases and kriyas (Shatkarma).
Ability to demonstrate and teach techniques for performing basic and advanced asanas.
- Good knowledge of the impact of asanas on different body parts.
- Excellent communication, interpersonal, and motivational skills.



EDCUATION QUALIFICATION

- ✓ 10th class passed from Uttar Pradesh Board.
- ✓ 12th class passed from Uttar Pradesh Board.
- ✓ B.Sc completed from Allahabad State University.
- ✓ Diploma in Yogic Science from Jai Ram Sanskrit Mahavidyalay, Rishikesh (Uttarakhand Sanskrit University).
- ✓ M.A. (Yoga) completed from Maharaja Agrasen Himalayan Garhwal University Pokhra, Pauri Garhwal.
- ✓ T.T.C. (200 hours) from Rishikesh Yogshala, Laxman Jhula, Rishikesh.



WORK EXPERIENCE

- Worked with World Peace Yoga School, Tapovan, Rishikesh as a Yoga Teacher from 01-Dec-2019 to 31-Dec-2022.
- 1 year worked with Rishikesh Yogshala, Laxman Jhula, Rishikesh as a Yoga Instructor.



PERSONAL DETAILS

Date of Birth : 16/11/2000

Father's Name : Mr. Shyam Dhar Pandey

Mother's Name : Mrs. Seema Devi

Gender : Male

Nationality : Indian

Marital Status : Unmarried



STRENGTH :

- Hard Working
- Sincere & Punctual
- Team Player



DECLARATION

I declare that all the above information is true and correct to the best of my knowledge and belief.

Date :

Place :

(KESHAV PANDEY)