

Ravi Gupta

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EDUCATION

KKSU, KAIVALYADHAMA

MASTER IN YOGA

May 2023|Pune,India

GNIY

DIPLOMA IN YOGA AND

NATUROPATHY

May 2021|Delhi,India

BHARTIYA VIDYA BHAVAN

Diploma In Yoga 2019| Delhi, India

LINKS

YouTube:// **Spirit Yoga Studio**

Facebook:// **Ravi Spirit**

COURSEWORK

APPLICATION

Yoga Scripture

Therapy in Yoga

Yoga For Diseases

Postures and Pranayama

Meditation

Traditional Yoga

Hath Yoga

Yoga for Women

THEORY

Indian Philosophy

Yoga Philosophy

Hath Yoga Scriptures

Upnishads and Vedas

Mantra and Ayurveda

(Master Dissertation & yoga)

Yoga with Scriptural Aspect

SKILLS

MOTIVATIONAL COACHING

Over 500 Students

Asana • Pranayama • Meditation • Therapy

Yoga Nidra • Breath Awareness • Yoga

Counselling •

THERAPY

Yoga, Naturopathy and Ayurveda

Therapy

Pranic Healing • Mental Health

Development • Ayurveda's cure • Nature

cure •

EXPERIENCE

URBAN PRO | YOGA THERAPIST

Feb 2023 – Present | Remote location, India

- Yoga therapy for physical and mental health conditions.
- Energy healing with pranic and reiki techniques.
- Using Ayurvedic concepts of balance and harmony in yoga instruction.
- Combining yoga and Ayurveda for holistic wellness and healing.

SPIRIT YOGA STUDIO | YOGA INSTRUCTOR

Mar 2019 – Aug 2021 | Delhi, India

- Manage a successful yoga studio offering a range of classes and workshops.
- Provide personalized coaching to students and oversee studio operations.
- Cultivate a supportive and inclusive community of students and staff.

KPMG | CORPORATE YOGA INSTRUCTOR

Dec 2019 – Feb 2020 | Gurugram, NCR Delhi

- Instruct customized yoga classes to corporate employees on-site and virtually.
- Promote stress reduction and mindfulness through yoga practices.
- Monitor employee participation and progress and provide feedback for improvement.

SPIRIT YOGA STUDIO | YOGA COACH

Feb 2019 – Nov 2019 | Delhi, India

- Instruct yoga classes to groups and individuals of all levels.
- Provide personalized coaching to help students improve their practice and achieve their goals.
- Train school students for yoga competitions at regional, state, and national levels.

NCT DELHI STATE NATIONAL YOGA TEAM | YOGA SPORTS COACH

Dec 2018 – Jan 2019 | Delhi, India

- Coached students to win the gold medal in SGFI at the national-level competition in 2019.
- Instruct students on advanced yoga poses, sequences, techniques, and proper breathing and meditation practices.
- Foster a competitive and supportive team environment, building students' confidence and teamwork skills.

AWARDS & ACHIEVEMENT

2023 top 7/80

2020 1st/50

2019 1st

2019 6th/120

2018 21nd/150

2018 6th/500

2014-17 Gold Medalist

Founder of Spirit Yoga Studio

Inter University Games

Uttarakhand Yog Ratna Award, Uttarakhand, India

Jaipur Yoga League

Grand Master of Yoga

Grand Master of Yoga

International Yoga Championship

National Yoga Championship