



MAMTA SINGH

YOGA INSTRUCTOR



8920318338



Rzf-378A, Gali No 24, Sadh
Nagar, Palam Colony-110045.



Mamtasinghx29

PROFILE

Extensive experience in Yoga and Living Science and the ability to lead large teams. Excellent communication skills.

EDUCATION

H.K INTERCOLLEGE, PILKHUWA, GHAZIABAD

1996-1998

10th class

112 th class

CH.CHARAN SINGH UNIVERSITY, MEERUT

1999-2001

Bachelor in B.Com

2019-2021

JAIN VISHWBHARATI UNIVERSITY, RAJASTHAN

Masters in Yoga and Living Science

CAREER OBJECTIVE

Looking for job opportunities as a yoga instructor, where I can lead people towards a profound level of physical fitness and healthy lifestyle along with mental tranquility.

EXPERIENCES

PERSONAL YOGA INSTRUCTOR

5 years of experience as personal yoga trainer of doing and teaching Yoga asanas and pranayam in Dwarka.

YOGA INSTRUCTOR IN PATANJALI

1 year of experience of Yoga instructor in Patanjali

LANGUAGES



ENGLISH



HINDI

ACHIEVEMENTS

- Certificate of Appreciation for participated in a program from Women Patanjali Yoga Society, Delhi state.
- A-Level Certificate of Yoga Instructor from Patanjali Yogpeeth In 2016.
- Assistant Yoga Teacher Training Certificate in session (2015-16).
- Level 1 Judge certificate from Indraprastha Yogasana Sports Association in session (2021-2024) recognised by Ministry of Youth Affairs and Sports, Govt of India.
- Certificate of Participation in Delhi Olympic Game in 2021.