

SACHIN KUMAR

Phone :- 9557809510 E-mail address:- sachinrana53@gmail.com

PROFILE:-



Highly motivated and energetic yoga instructor who is comfortable working with people of all ages and has deep knowledge about asana, as well as relaxation and breathing techniques. Enjoy inspiring others to improve wellness and commit to long-terms health and fitness goals. Committed to providing extensive instructions and counseling to clients, while motivating them to find inner peace and their healthiest self. Possesses skills to modify the practice on-demand based on the abilities and injuries of class participants.

EMPLOYMENT HISTORY:-

YOGA INSTRUCTOR

YOGA CENTER

Himalayan yog peeth

 03/2021- 01/2022  14 Bigha Rishikesh

With a deep enthusiasm for yoga and fitness:

- Conducted beginner and intermediate levels Pilates and yoga classes for members.
- Provided guided meditation at the beginning and each of classes to help students center themselves.
- Gave in-depth understanding of breathing techniques.
- Addressed incorrect movements and reposition students.
- Provided students with excellent knowledge of human anatomy.
- Led group classes and teaching clients basic and advanced techniques of yoga.
- Socialized with club members and promoted internal events and programs.

EDUCATION:-

- Bachelor of yoga science
- Pg diploma in yoga
- 6 months certificate in yoga (gurukul kangri, Haridwar)

COURSES:-

- First-aid and CPR certification
- 200-hours Yoga training Rishikesh Yogshala

STRENGTHS:-

#social services #networking #passionates #encouraging leader #adaptable professional #life-long learner #understanding teacher

PERSONAL DETAILS:-

Name :- Sachin Kumar
Address :- Village- Rori, P.O- Govind Puri, Modinagar, Distt- Ghz
Phone :- 9557809510, 8077863243
Email.ID :- sachinrana53@gmail.com
Gender :- Male
Language :- Hindi & English

DECLARATION:-

I hereby declare that the above furnished details are, complete and correct to the best of my knowledge.

(SACHIN KUMAR)