



## **Akhil Sachan**

569 Bhawani Nagar daheli Sujapur Kanpur- 208013

**Mobile:** +917007681258,7505702180w@tsap

**Email:** [akhilrox.10@gmail.com](mailto:akhilrox.10@gmail.com)

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### **Career objective**

Looking for a position as a yoga instructor/ fitness trainer in your Yoga Centre/ gym/health center to provide the best teaching and help the clients to develop their skills so that they can achieve balance of mind and body and lead a healthy life.

### **Summary of skills**

- Experience of teaching yoga to all age groups
- Knowledge of several Asanas and breathing techniques
- Ability to demonstrate and teach techniques for performing basic and advanced Asanas
- Good knowledge of human anatomy and impact of Asanas on different body parts.
- Excellent communication interpersonal and motivational skills

### **Work experience**

- Yoga instructor in OHIO Gym & spa at Rajguru nagar,Ludhiana March 2019 to present ,7589089898
- yoga instructor at Shiva yoga institute ,Nwabganj, kanpur October 2017 to Dec2018, 8604675752
- Working as yoga faculty in Everest Yoga Institute, Rajguru nagar, Ludhiana , April 2019 to present , 9501934391
- Working as Senior Yoga instructor in Divya Yuga Sangam, DLF phase 1, Gurugram, August 2020 to present .

### **Hobbies**

Reading, learning new skills, listening to the sound of non communicative things, earning languages, practicing new exercises of fitness.

### **Interests and activities**

Meeting with new people, making good relations to all, writing articles on life problems and there solutions, practicing yoga, public talks, group discussions

### **AREA OF SPECIALITY**

- Learnt and develop few concepts like dealing with Power YOGA, Astanga YOGA, Flow Yoga, Vinyasa Yoga, Wall Yoga , Prenatal YOGA (During pregnancy) & Therapic Yoga etc.
- Fitness training
- Learning new yoga skills and practice them for advance level
- Special treatment for Back Pain, Knee Pain, Cervical spondylosis, Stress mangement, sciatica.

### **LANGUAGE**

- Hindi
- English

### **PERSONAL INFORMATION**

NAME : AKHIL SACHAN  
FATHER NAME : Mr. GYANENEDRA KUMAR SACHAN  
MOTHER NAME : Mrs. USHA SACHAN  
DATE OF BIRTH : 10 JULY 1994  
BLOOD GROUP : B+  
NATIONALITY : INDIAN  
MARITAL STATUS : UNMARRIED

### **Education**

- Bachelor degree in Arts from C.S.J.M University kanpur
- Post graduate diploma in Yoga education from Himalayan University
- Certified Yoga teacher or instructor of Yoga Alliance U.S.A of 200HOURS from Everest Yoga Institute, Ludhiana

### **Reference**

1. Mr. Sanjeev Tyagi, ERYT 200HOURS & 500HOURS Yoga alliance USA,  
General Seceretary of PEFI for punjab, Director of Everest Yoga Institute,  
Ludhiana, 9501934391
2. Dr. Rishi tripathi, V.S.S.D College, Assistant Proff. of Yoga Department,  
kanpur, 7080266644

**Date:-** \_\_\_\_ / \_\_\_\_ / \_\_\_\_

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