



PROFILE

Experience & passionate Yoga Instructor with over five years of teaching experience & advanced training in Ashtanga and Vinyasa approaches. Committed to providing extensive instruction and counselling to my clients. Adept creating powerful teaching plans that aim to support & benefit each & every student. Bringing forth a love & respect for the art of Yoga, and all that it encompasses.

EXPERTISE IN YOGA

Power Yoga

Ashtanga Yoga

Corporate Yoga

Parental Yoga

Therapycal Yoga

ZUMBA

LANGUAGES

ENGLISH

HINDI

Monika Singh

Yoga & Zumba certified Instructor

☎ 9890961141

✉ singhmonika796@gmail.com

EXPERIENCES

NAMASTE STUDIO | March 2020- Present

Job position here

- YOGA & ZUMBA INSTRUCTOR
- EXPERIENCE in YOGA : 4 years (International Certified)
- EXPERIENCE in ZUMBA : 5 years (International Certified)

EDUCATION

- S.S.C Pass
- H.S.C Pass
- T.Y.B.A Pass

YTTC 200 & 300 HOURS | 2021 - 2021

- HIMALAYAN YOG-DHYAN KENDRA (RISHIKESH)

YTTC 500 HOURS | 2023 - 2023

- PYA ACADEMY

Lead yoga classes for all skill levels.

Taught students correct yoga postures.

Provided guided meditation during class to help students find their centre.

Identified the needs of every students.

Helped students understand various breathing techniques.