

RAJ KUMAR



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OBJECTIVE

I am aspired for obtaining a highly challenging and reputable position in the area of fitness of instruction where marvellous energy, organizational and motivational skills and determination play the role of significant importance.

SUMMARY

- An experienced Yoga Instructor, committed to make a difference in the Fitness & educational field by applying wide knowledge of Yogic philosophy & Psychology.
- Serve people to realize the importance of yoga to maintain a sound body and a sound mind.
- Use my in-depth knowledge and understanding of yoga in the field of yoga practice.
- Use yoga as a tool for relaxation and happiness for people in their daily life.
- Use yoga as a healthy life style.

AREA OF EXPERTISE

- Yogic Kirtanias and lecture expertise on Yogic Exercise
- First aid certification Extensive anatomy knowledge
- Flexible schedule Positive personality
- Good time management skills.

WORK EXPERIENCE (5+ Years)

Personal Yoga Instructor (Freelancer) Jan 2018 — Present

- Demonstrate techniques and methods of exercise and meditation to Individuals clients & Corporates.
- Guide students to modify poses to avoid anatomical problem areas or to challenge themselves as needed.
- Teach Pranayama breath control exercises.
- Instruct and mentor future yogis in studio's teacher-training program
- Provide therapeutic and general yoga sessions.
- Maintain positive relationships with clients to encourage continued class attendance Provided
- Guide students to modify poses to avoid anatomical problem areas or to challenge themselves as needed.
- Provides yoga workshop on general fitness awareness in Govt. school on "Health & wellness information and discussing any healthy concerns".

YOGA TEACHING STYLE

- Hatha Yoga,
- Astana Yoga.
- Shat Kriyaas.
- Breathing Techniques

QUALIFICATIONS

- Master's degree in yoga & Holistic Health from Uttrakhand University.
- Bcom.Graguate from Delhi University.
- Certificate in yoga science & wellness from "Morarji Desai National Institute of Yoga" Delhi.

INTEREST

- Mental healing through mantra chanting, music.
- Re-treatment travelling with students.
- Nature Photography.

DECLARATION

I Declare that the information provided, is true to the best of my knowledge and belief.

Place: New Delhi

Signature:

Date:

Raj Kumar