

Pankaj Negi

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Summary

Motivated yoga instructor with advanced training in yoga. Working with the goal of to inspire others to improve wellness and commit to long term health and fitness goals.

Work History

Self | Online | India, Uttarakhand, Rishikesh

Yoga Instructor | 01/2020 – 03/2021

- Led yoga classes for all skill levels, from beginner to advanced.
- Taught students correct postures to ensure maximum benefit and safety.
- themselves and get the most out of each session.
- Worked with students of all body types and fitness levels to develop customized program and positional adjustment that increase skill fitness and wellbeing.

Self | India, Mumbai

Yoga Instructor | 04/2022 – Present

- Organized classroom areas before the arrival of students.
- Addressed incorrect movements and helped in performing yoga with proper posture.
- Involved in promoting yoga.
- Organized studio after each group class.

Skill

- **Hard Skills**

- Hatha
- Meditation
- Yoga Safety

- **Soft Skills**

- Encouraging leader
- Fast learner
- Understanding Teacher
- flexible Instructor
- Good in customizing program for individual

Education

Shivalik Bhagirathi Public Senior Secondary School | Rishikesh, Uttarakhand
10th | 03/2015

Viveka Academy Sr. Sec. School
12th | 03/2017

Pt. Lalit Mohan Sharma Government PG College (Autonomous) | Rishikesh, Uttarakhand
B. Com | 07/2017 – 06/2020

UIPS Yoga Academy | Rishikesh, Uttarakhand
M.A. Yoga | 07/2020 – 08/2022

Certifications \ Courses

- Certified Yoga Teacher.
- 200 hours of Yoga Teacher Training course.
- M.A Yoga .