



RIMA DAS

YOGA INSTRUCTOR

(6+ Years of Experience)

Spl : YOGA & Guided Meditation

Always focused to promote yoga as a tool to stay healthy and lead a disease free lifestyle society through the acquired experience and knowledge of Anatomy and Physiological adjustments and Yoga Practices.

Yoga Skills

- Stress Healing through Yoga, Asanas & Meditation
- Yoga for Thyroid, Hypertension & Different types of Chronic diseases
- Cardio & Aerobic Yoga and Balancing techniques
- Health & Wellness instructor
- Meditation & Breathing Techniques


Strengths

- Communication Skills
- Caring Approach
- Presentable & Professional
- Positive Attitude, Self-Driven & Motivated

Reach To Me

 rimadaslg@gmail.com

 rima.dasslg

 New Ashok Nagar, New Delhi-110096

Professional Achievements

- Conducting Group Classes
- Warm-up exercises
- Cardio & Aerobics Yoga and balancing poses.
- Meditation & breathing techniques
- Health & Wellness Instructor
- Yoga for Thyroid, Hypertension, Different types of Chronic Disease
- Yoga for PCOD, Fertility, Hormonal Issues
- Stress Healing through Yoga, Asanas & Meditation



(2022- Till Date)

Freelance Yoga Instructor

Also conducting classes through "Prachin Upchar Kendra"

Also conducting classes through "OM Wellness Yoga"

(2021-2022)

Yoga Instructor at "Balshwani Fitness", Noida, U.P.

(2020-2021)

Yoga Instructor (having more than 200 Hours of teaching experience at "Anubhuti Yog Trust", Vivek Vihar-1, New Delhi

(2010 - 2012)

Yoga & Fitness trainer at "Streamline Yoga & Fitness Center", Siliguri, West Bengal

Academic Achievements



Pursuing Master in Yoga from Uttarakhand Open University



Pursuing YCB Level-I from Ayush Mantraalay



B.A. From North Bengal University in 2004



Diploma in Aviation & Hospitality Management from Griffin Institute, Siliguri in 2007

