



# AMAN JOSHI

## ACADEMIC QUALIFICATION

SECONDARY SCHOOL EXAMINATION (2015-16)

INTERMEDIATE EXAMINATION (2017-2018)

GRADUATION PURSUING IN BACHELOR OF ARTS

500HOURS MULTI STYLE YOGA TEACHER TRAINING COURSE  
(USA YOGA ALLIANCE) FROM RUDRA YOGPEETH RISHIKESH  
UTTARAKHAND

## WORK EXPERIENCE

TWO YEAR EXPERIENCE IN SHIVALIK YOG PEETH RISHIKESH  
UTTARAKHAND

## SKILLS

- YOGA STYLE: HATHA, ASHTANGA, YOGA FLOW
- JAL NETI CLEANSING TECHNIQUE
- RUBBER NETI CLEANSING TECHNIQUE
- HANDSTAND BALANCE
- BALANCING ASANA
- ACRO YOGA
- PRANAYAMA
- THEORETICAL AND PRACTICAL SKILLS
- KNOWLEDGE OF BODY ALIGNMENT AND ADJUSTMENT
- CUPPING THERAPY

## PERSONAL DETAILS

FATHER NAME: Mr. VINOD JOSHI

MOTHER NAME: Mrs KIRAN JOSHI

DATE OF BIRTH: 04DEC. 1999

GENDER: MALE

MARTIAL STATUS: UNMARRIED

ADDRESS: HOUSE NO. 2209, NEAR HOCKEY GROUND IDPL  
VIRBHADRA RISHIKESH

## CONTACT:-

PHONE:

9105898659

EMAIL:

Amanjoshi435@gmail.com

## HOBBIES:-

Trekking

