

Mayank Sharma

Contact No: +91 8750064536

Email Id: mayank1992sharma@gmail.com

Summary

- An experienced Yoga instructor committed to make a difference in the 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.
- Contact information | Use yoga as a tool for relaxation and happiness for people in their daily life.
- Use yoga as a healthy lifestyle.

Qualifications

- Diploma In Yogic Sciences from Morarji Desai National Institute of Yoga in 2020
- 200Hrs of TTC in Hatha and Vinyasa Flow from Shiva School of Yoga in 2022
- 900Hrs of Training in Naturopathy and Meditation from Adhyatma Sadhna Kendra in 2023
- Masters in computer science from AKG Ghaziabad
- Bachelor Of Computer Science from CCS

Work Experience

Organization: Namami Yog

Designation: Yoga Instructor

Duration: 2020 - 2023

Responsibilities

- The job involved teaching different Yogic Practices to 200 beginner yoga practitioners and 50+ Kids
- Customize meditation and yoga sessions according to learner profile and physical & psychological needs.
- Promoted balance of the body and mind through effective teaching and demonstrations.
- Prepare class content and format appropriate for student level and style or type of yoga class.
- Demonstrate techniques and methods of exercise and meditation.
- Maintain positive relationships with members to encourage continued class attendance, provided health & wellness information and addressed any concerns.
- Administer emergency first aid, wrap injuries, treat minor chronic disabilities, or refer injured persons to physicians.

Organization: CGHS Wellness Centre Ghaziabad

Designation: Yoga Instructor

Duration: 2023 - 2024

Responsibilities

- Worked as a Yoga Instructor at CGHS Wellness Centre
- The work involved taking an hour and a half hour Yoga Class every day for 2-3 batch of 15 – 20 students.
- Developed, instructed and led stretching, warm-up and cool down exercises, breathing and relaxation techniques.
- Responsible for developing musical playlists suitable for and supportive of the level of class being instructed.
- Provided feedback to students supporting a safe class environment.
- Supported the co-creation of a non-judgmental and fun environment to optimize learning.

Organization: Discovery Hike

Designation: Yoga Instructor & Trek Guide

Duration: 2021 & 2022

Responsibilities

- The job involved teaching different Yogic Practices to 15- 20 Trekkers to acclimatize them in high altitude (17000 Feet) & to maintain their overall health during the
- expedition.
- Craft personalized meditation and yoga experiences: Tailor practices to individual learning styles, physical limitations, and mental well-being goals.
- Guide trekkers towards harmony: Promote a balanced mind and body through clear instruction and inspiring demonstrations.
- Cater to diverse needs: Design trek content and structure that aligns with trekkers experience and the chosen yoga style.
- Empower trekkers through practice: Demonstrate techniques and methods of exercise and meditation in a clear and engaging way.
- Foster a supportive community: Build positive relationships with trekkers to encourage participation, provide relevant health and wellness information, and address any concerns they may have.
- Ensure trekkers safety: Be prepared to administer basic first aid, manage minor injuries, and offer guidance for chronic conditions or refer trekkers to medical professionals when necessary.

- 5th – 8th Dec' 23 as Yoga Expert at **RAKPNA** (Rafi Ahmeh Kidwai National Postal Academy) Ghaziabad **Y-break session to 30- 40 embassy visitors**
- 9th – 17th Jan' 24 as Yoga Expert at **RAKPNA** (Rafi Ahmeh Kidwai National Postal Academy) Ghaziabad **Y-break session to 35- 45 embassy visitors**
- 20th – 29th Feb' 24 as Yoga Expert at **RAKPNA** (Rafi Ahmeh Kidwai National Postal Academy) Ghaziabad **Y-break session to 35- 45 embassy visitors**
- 30th – 31st May' 24 as Yoga Expert at NIESBUD- REG (National Institute for entrepreneurship and Small Business development Ministry of Skill development and entrepreneurship conducting and Hour yoga session for 20 – 25 attendees.
- International Yoga Day Special yoga Session at Unnani Institute of Medicine Ghaziabad in 2023

Social Worker

- **3 days of Yoga Summer camp at different school in District Bijnor**
- The work focuses on promoting Yoga and Naturopathy by organizing camps & seminars via online.
- The organization's goal is to make people aware of natural way of living healthy life.
- **3month of Social workin Naturopathy and Meditation at Adhyatma Sadhna Kendra**

Other Activities

- Attended an 3 intense 10 days Vipassana Meditation Camp conducted by Vipassana Meditation Centre, Hastinapur and Ladakh.
- Undergone basic course of Art of Living in Delhi.
- Mountain Trekking and Summit – Harkidun, Kedar Kantha, Bali Pass, Kauwari Pass, Runsara Lake

Personal Details

Date of Birth: 11-9- 1992

Language: Hindi and English

Address: Vaishali Ghaziabad