



Vidhi Garg

YOGA TEACHER

I aspire to obtain a challenging and responsible position in a professionally managed organization where I can contribute to the successful growth of the organization utilizing my skills and hard work and I'm highly motivated to continue learning and acquire more knowledge.

Work Experience

(1 Month Experience In Mumbai And 1 Month Experience In Morarji Desai National Institute Of Yoga)

Yoga Teacher (2020 - 2022)

- 1 month training experience in schools and colleges of mumbai. And 1 month teaching experience in Morarji Desai National Institute of yoga in Delhi.

Achievements And Awards

- Performed yoga demonstration in the governor house dehradun.

Expertise

- Hatha yoga
- Pranayama
- Meditation
- Yoga therapy
- Marma therapy

Language

- English
- Hindi

Social Profile

- facebook.com/vidhi.garg.311493

CONTACTS

 viddhigarg@gmail.com

 9643345588

 Chander Vihar New Delhi
India

EDUCATION

DEGREE

B.Sc. in Yogic Science

Dev sanskriti vishwavidyalaya
Haridwar Uttarakhand
(2018 June - 2021)

M.Sc. in Yogic Science

Dev sanskriti vishwavidyalaya
Haridwar Uttarakhand
(2021-2023)

Foundation course

Foundation course from
Morarji Desai National Institute
of Yoga(2018)