

Career Objective

To Seek Highly motivated and energetic Yoga Instructor who is comfortable working with people of all ages and has deep knowledge about asana, as well as relaxation and breathing techniques. Enjoy inspiring others to improve wellness and commit to long-term health and fitness goals. Committed to providing extensive instruction and counseling to clients, while motivating them to find true inner peace and their healthiest self

Work Experience

Yoga Instructor – Tamanna Sangeet Vidyalaya, Sukhrali, Guragon (2018 to till date).

With a deep enthusiasm for yoga:

- Conducted beginner and intermediate level Yoga classes for members.
- Provided guided meditation at the beginning and end of each class to help students center themselves and get the most out of each session.
- Gave in-depth understanding of breathing techniques.
- Provided students with excellent knowledge and impact of asanas on different body parts.
- Led group classes and teaching clients basic and intermediate techniques of Yoga.
- Built genuine relationships with clients to establish my value as a wellness educator.

Educational Qualifications:

2021 | M.A. | Jain Vishva Bharti University, Ladnun.

2019 | Diploma in Yoga | Bharatiya Vidya Bhavan, K.G. Marg, New Delhi.

2013 | M.com | Maharshi Dayanand University, Rohtak.

· Strengths:

- Passionate
- Ability to Work in Team, Positive Attitude.
- Can quickly customize according to work environment.
- Time Management, Smart working & Punctuality.

Personal Details:

Name : Pinki Thapa

D.O.B : 1st March 1988

Gender : Female

Marital Status : Single

Father's Name: Late Shri RattanBahadur

Nationality: Indian

Perm. Address: H.No. 1838, Sheetla Mata Mandir, near sector 5, Gurugram-122001(Hr.)

Declaration:

I hereby certify that the above information is true and correct to the best of my knowledge and belief.

Date:

Place:

PINKI THAPA