



Ashok Arya

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Objective

A fully trained, train the trainer, yog teacher with 10+ years of Yog teaching experience. I can help with any ailments such as Herniated Disc, Sciatica, Thyroidism (Hypo / Hyper), Blood Pressure, Anxiety, Depression etc. With consistent practice and yog classes these can be cured for good without any medications.

Experience

- Rapid Creations Private limited** 2017 - 2019
Yoga Teacher
- Swami Parmanand Parkartik Chikitsalya Yoga & Anusandhan Kendra, West Vinod Nagar New Delhi** 2019 - 2020
Yoga Therapist
- Home Yoga Classess as a Freelancer** 2014 - 2024
Yoga Teacher

Education

- Jain Vishav Bharati Institute of Ladnun** 2018
M.A in Yoga & Science of Living
68.10%
- Bharatiya Vidya Bhavan** 2017
One Year Diploma in Yoga Vidya
70%
- Bharatiya Vidya Bhavan** 2016
Six Months Certificate in Yoga Vidya
67.8
- Morarji Desai National Institute of Yoga** 2017
Certificate Course in Yogasana

Skills

- Physical skills
- Versatility Adaptability
- Stress Management
- Breathing Techniques
- Creativity Self Motivation
- CPR, First aid
- Knowledge of Anatomy
- Mentoring Commission
- Time Manegement