

Tarun Sharma

Solution of every health related problem

Delhi, Delhi

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I believe in complete well being. in my 12 years of experience i have explored every health system (yoga, martial arts, CQC , crossfit, gym workout) . thats why i can give science based right training to my clients or the company i work with. I can train anyone online or offline.

Willing to relocate: Anywhere

Work Experience

Martial arts & yoga instructor

The dreams sports - Ghaziabad, Uttar Pradesh

January 2019 to January 2022

I used to be Senior Martial arts, Yoga and strength & conditioning trainer for The dreams sports academy.

Education

Diploma in Yoga

DPSRU - Delhi, Delhi

August 2021 to Present

Master's in yoga

UOU - Uttarakhand

August 2020 to Present

Skills / IT Skills

- Yoga instructor
- Prenatal Postnatal yoga
- Physique transformation coach
- Fitness therapist
- Taekwondo Instructor
- Yoga therapist
- Advance Yoga

Languages

- English - Fluent
- Hindi - Native

Certifications and Licenses

Protocol Instructor in Yoga

January 2020 to Present

This Course was done from india's one of the best Yoga institution MDNIY under Ministry of ayush.

2nd degree black belt in taekwondo

August 2017 to Present

Taekwondo is a korean martial arts known for its legendary kicks and speed. I have completed my 2nd dan certification from Kukkiwon (south korea).

Certified personal trainer in BMX strength

July 2019 to Present

BMX strength is special exercise technique where a person is trained with most effective as well as safe exercise technique. Extremely useful in losing wight and increasing strength according to biomechanics of an individual.

Advance physique transformation level 2

October 2021 to Present

This course was done from Team boss academy, mailbourne under the legendary guru in fitness industry Mr Harry sandhu. This course is about how to train general population as well as atheles to give best results in shortest time.

Running injury specialist

December 2020 to Present

This course was done from Prehab 121 academy. This course taught me about different injuries while walking and running and how to help a client to recover from that injury.

Additional Information

Apart from this i'm constantly into learning process and always doing some new course, self study or reading studies to keep myself up to date so that i can serve best as well as genuine training to my client.