



Shreya Negi

YOGA TEACHER

SKILLS

- Planning Yoga Classes as per need
- Safety Awareness
- Form Expertise
- Group and Individual fitness
- Strong Communication skills

PROFILE SUMMARY

Experienced yoga instructor dedicated to guiding clients toward their wellness goals. Skilled in leading both individual and group sessions, specializing in alignment-based Hatha, Vinyasa, and Restorative yoga styles.

EDUCATION

MASTERS OF ARTS (Economics) (2020-2022)

Panjab University, Chandigarh

YOGA TEACHER TRAINING CERTIFICATE (200 hours)

Yoga Alliance

ASST YOGA TEACHER TRAINING CERTIFICATE (300 hours)

Patanjali Yogapeeth

WORK EXPERIENCE

2021-2022

YOGA INSTRUCTOR, Parmanand Yoga

2021-2024

Personal, group and Corporate sessions of Yoga (Online and Offline)

CONTACT ME

+91 9814694170

shreyanegi1999@gmail.com

SPECIALISATION

Hatha and Vinyasa Yoga

Yoga Nidra and Meditation

Breathwork



पतंजलि योगपीठ (ट्रस्ट)
PATANJALI YOGPEETH (TRUST)[®]

द्वारा संयोजित

महिला पतंजलि योग समिति, Madhya Pradesh (West) द्वारा आयोजित

सह-योग शिक्षक प्रशिक्षण प्रमाण-पत्र
ASSTT YOGA TEACHER TRAINING CERTIFICATE (AYTTC)



AYTTC/ST/NO.: AYTTC12685

Aadhar No:

दिनांक/Date: 5/06/2021

प्रमाणित किया जाता है कि श्री/श्रीमती/कुमारी Shreya Negi पुत्र/पत्नी/सुपुत्री Balbir Singh Negi
नवासी 1382/6, sector 65 mohali जिला mohali राज्य punjab
देश India ने 100 घंटे का अष्टांग योग का बौद्धिक एवं प्रयोगात्मक प्रशिक्षण एवं कार्य क्षेत्र में क्रियात्मक प्रशिक्षण 200 घंटे
सहित कुल 300 घंटे का योग शिक्षक प्रशिक्षण, A+ ग्रेड में सफलतापूर्वक उत्तीर्ण किया है।

This is certified that Shri/Mrs./Miss/ Shreya Negi S/o/W/o/D/o Balbir Singh Negi
R/o 1382/6, sector 65 mohali Dist. mohali State punjab
Country India has completed 100 hours of Ashtang Yoga theoretical, practical & 200 hours of on ground
practice training of total 300 hours successfully passed with A+ Grade.

राज्य केन्द्रिका
Women Chief Central Coordinator

राज्य प्रबन्धी
State Coordinator

शिविर आयोजक : महिला पतंजलि योग समिति, राज्य Madhya Pradesh (West)
Yog Camp Organizer : MAHILA PATANJALI YOG SAMITI, STATE Madhya Pradesh (West)

मुख्यालय: पतंजलि योगपीठ, 10/25, गुरुवाड़ा, हरद्वार, उत्तरांचल प्रदेश, भारत | Head Office: Patanjali Yogpeeth, 10/25, Gurudwara, Haridwar, Uttarakhand, India

* Grade: 'A' 93% & above, 'B' 75% to 93%, 'C' 50% to 75%, 'D' 50% & below



PARAMANAND

Institute of Yoga Sciences & Research

Khandwa Road, Indore, MP, India



This is to certify that



Shreya Negi (Ma Sumangla Anand)

Has successfully completed

Yoga Teacher Training Course (200 hours)

Therefore, awarded this certificate.

From Jan 4th, 2021 to Mar 27th, 2021

Sumit Me

Registrar



[Signature]

Director

May 1st, 2021

B.No. -B320