

## **Sumit Kumar**

[sk6385974@gmail.com](mailto:sk6385974@gmail.com)

S/o Sh. Harmesh (Chandigarh, India)

Mobile. : +91 9646435329, +91 7710417766

---

### **Objective**

Looking for job opportunities as a yoga instructor, where I can lead people towards a deeper level of physical fitness and healthy lifestyle along with mental peace.

### **Summary**

Motivated Yoga Instructor with advanced training in yoga. Enjoy inspiring others to improve wellness and commit to long-term health and fitness goals. Energetic and outgoing with collaborative spirit.

### **Professional Experience**

- 1 Experience in School teaching.
- Participate in different national seminar and yoga conference.
- Lead yoga classes for all skill levels, from beginning to advance.
- Teach student correct postures to ensure maximum benefit and safety.
- Provide guided meditation at the beginning and end of each class to help students centre themselves and get the most out of each session.
- Work with students of all body types and fitness levels to develop customised programs and positional adjustments that increase skill, fitness, and wellbeing.
- Give student in-depth understanding of breathing techniques.
- Pay attention to the needs of every student throughout each class.

### **Professional Certification in Yoga**

- 100hrs Yoga Therapy Diploma from TATY College of Yoga and Research Institute
- 200hrs Hatha yoga from TATY College of Yoga and Research Institute.
- 200hrs Ashtanga yoga from TATY College of Yoga and Research Institute.

### **Professional Qualification**

- 10th Matriculation from Central Board of Secondary Education 2011.
- 10+2, Senior Secondary High study from Central Board of Secondary Education 2013.
- Bachelor of Arts (Graduation) From Punjab University Chandigarh 2018.

### **Achievements and Awards**

- Won 3 Silver medals in Inter-College yoga Championship 2013-16.
- Participation in various competition state and national level.

### **Areas of Expertise**

- Hatha yoga
- Power yoga
- Flow yoga
- Hot yoga
- Ashtanga yoga

### **Hobbies**

- Reading Books
- Dancing
- Listening music

### **Personal details**

Name	: Sumit Kumar
Father's Name	: Sh. Harmesh
Mother's Name	: Smt. Usha Rani
Date of Birth	: 03 January 1995
Nationality	: Indian
Sex	: Male
Languages Known	: English, Hindi
Marital Status	: Single
Address	: H.No 160, A Block, Punjab university sector-14, Chandigarh Pin code-160014, India.

### **Declaration:**

I hereby declare that all the above-mentioned information is true to best of my knowledge and belief. I would be glad to provide any other information if required.