

Kailash Singh

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Objective

Certified and passionate yoga instructor with a ability to inspire and guide individuals to achieve their wellness goals. Seeking a position as an attractive yoga instructor to share my expertise, foster a positive and inclusive environment, and help students enhance their physical and mental well-being.

EDUCATION

- 200-hour Yoga Teacher Training Certification
- Rishikesh Yogshala
- 10th passed from CBSE Board.
- 12th passed form CBSE Board.
- Pursuing BSC Nutrition Uttrakand Open University,
- Volleyball played at National level (Played since 2016)
- Practicing yoga since 2018. (Used to give classes along with practice Ajay Yoga and fitness centre affiliated to Rishikesh Yogshala)

Skills

- Extensive knowledge of various yoga styles, including Hatha, Vinyasa, Asthanga, and Yin Yoga
- Strong understanding of anatomy and physiology as it relates to yoga practice.
- Proficient in guiding students through proper yoga postures and alignment techniques
- Skilled at creating customize yoga sequences to meet the specific needs and goals of students
- Ability to lead engaging and dynamic yoga classes for individuals and groups of all levels
- Experience in providing modifications and adjustments to accommodate students with different abilities and limitations and physiology relevant to yoga practice
- Excellent verval communication and interpersonal skills to establish a positive rapport with students
- Demonstrated ability to create a welcoming and inclusive environment for all participants
- Knowledge of relaxation and meditation techniques to promote stress relief and mindfulness
- Strong organizational and time management abilities to effectively plan and structure yoga sessions

Experience

Yoga Instructor (2018)

Social service- Associated with Ajay Yoga and fitness (Rishikesh) Voluntary.
(Uttarakhand)

- **Professional Yoga trainer for corporate and personal wellness**
- Lead daily yoga classes, including Hatha, Vinyasa, and Restorative Yoga, for students of varying skill levels and ages.
- Create and deliver innovative and engaging yoga sequences, incorporate breathwork and meditation techniques.
- Offer individualized guidance and adjustments to ensure correct alignment and maintain strong relationships with students, addressing their concerns and providing ongoing support.
- Conduct workshops and special events to educate participants on specific yoga practices and mindfulness techniques.
- Collaborate with fellow instructors to design comprehensive wellness program and retreats.

Yoga Intern (2022)

Rishikesh Yogshala

- Senior yoga instructor in preparing and conducting yoga classes.
- Observed and learned various teaching techniques, adjusting postures, and correcting alignment.
- Provided support to students during classes, addressing their questions and concerns

Declaration

I hereby declare that the above given statements are true to the best of my knowledge and belief

Place- New Delhi

(Kailash singh)

