

MANISHA NEGI

(Yoga Instructor)

Address :

14 Bigha, House no. 53, ward no 6, Rishikesh , Uttarakhand
Pin code - 249201

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Summary

- Highly motivated and Energetic Yoga Instructor with an ability to build effective relationship with students, comfortable working with people of all ages and good knowledge about Asana, as well as relaxation and breathing techniques. Hardworking, dedicated and supportive with excellent communication.
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Work Experience

- **TNV Fitness Studio - Mumbai (Online)**
01/08-2022 – Present
- **Yoga Instructor cum residenc host at**
Fushifaru Maldives 5* (Lhaviyani
Atoll) at Maldives
23/11/2022 – 18/05/2023

Free Lance Yoga Instructor in Mumbai
02/02/2022 – 18/11/2022

Yoga Instructor at Kriya Shakti Hyderabad,
Telangana 01/01/2019 – 15/12/2019

Education-

- **Pursuing Master's degree in yoga.**
- **Bachelor in Yoga**
- **Certified in Panchkarma Ayurveda (PMKVY).**
- **200 hours Yoga teacher training at Ashtanga yogakul Rishikesh.**

Skill Highlights

- Hatha Yoga
- Ashtanga Yoga
- Face Yoga
- Iyengar Yoga
- Power Yoga
- Aasanas with Breathing techniques
- Sound healing
Pranayam and Meditation
- Aerobic/ Pilates

Languages

- Hindi and English

