

Himanshu Rana

Delhi, Delhi

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7668783798

Willing to relocate: Anywhere

Work Experience

Instructor

Delhi, Delhi

Present

1. 3 years of experience as a yog instructor
2. Treatment of sarvical,lower back pain,bp,etc
3. Diet and nutrition

Yoga Instructor

Delhi, Delhi

Education

Bachelor's in Yog

Himalayan Garhwal University - Delhi, Delhi

Bachelor's in Yog instructor

Himalayan Garhwal University - Delhi, Delhi

Skills / IT Skills

- Meditation ,form experties ,yoga poses, group instruction, program developer ,strong communication skill ,leadership (3 years)

Certifications and Licenses

Diploma in yog and therapist

Present