ANU ANAND
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Y O G A   C O A C H

Profile

*Experienced and passionate yoga trainer with experience of over two years of teaching Yoga online. Experience in conducting session on **Yoga, Breathing exercises, Yog nidra, public speaking and corporate Yoga session**. Committed in providing extensive instruction and counselling to my clients for their physical and mental wellbeing.*

Experience

- Conducting group yoga classes from past two years independently.
- Experience of handling overseas client living in Paris, Abu Dhabi and Dubai.
- Experience of conducting personalized sessions that helped client to overcome sleep disorders and sciatica pain.
- Experience of conducting online Yoga sessions for largest private University of Jharkhand Arka Jain Jharkhand and BIT Patna civil Engineering society Bihar.
- Experience of conducting online and offline corporate Yoga session with Mondelez India.
- Jury Member and Public speaking coach with Miss/Mrs Tiara India 2021.
- Conducted chair yoga and mental wellness session with Miss /Mrs Tiara India 2021.

Education

- 200 Hour TTC from Shashank Yoga.
- BSc (Maths)
- P. G. Diploma Financial Market.

Skills and achievement

- ✓ Good communication skill.
- ✓ Expert in teaching basic and advance asana.
- ✓ Understanding of anatomy and healing /controlling diseases.
- ✓ Expert in calming mind through breathing exercises and yoga nidra.
- ✓ Good at addressing mass on virtual and physical platform.
- ✓ Public speaking and Stage Presence.
- ✓ Trained in ramp walk.
- ✓ Winner Mrs Tiara India pageant runner-up year 2017.
- ✓ Mrs Thane runner up 2017.

Reference

- Amit Srivastava (Director Arka Jain University Jharkhand   Contact - 9204552195
- Umra Naaz Syed (Ex school Teacher Dubai)   Contact – 97155511368
- Abul Faisal shaik (Businessman Dubai)   Contact - 971558673781

YouTube Link - https://youtu.be/8MdrZC-tsyU