

Karan Veer Singh

Motivated and exuberant Yoga Instructor with experience in versatile Yoga classes

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EXPERIENCE

Urban Company, Delhi — Yoga Instructor

Sep 2018 - Nov 2019

- Guided clients in safe yoga practices.
- Identified any physical limitations of clients and created fighting plans.
- Led group yoga classes as well as one-on-one training sessions.
- Advised clients about nutrition and dieting

Freelancer, Delhi — Yoga Instructor

Nov 2019 - present

- Taught different types of Yoga classes based on clients interest
- Collaboration with clients to introduce new and exciting yoga classes

EDUCATION

Himalayan garhwal University , Pauri Garhwal — Master of Arts (Yoga)

Sep 2019 - sep 2020

Himalayan garhwal University, Pauri Garhwal — PG Diploma in Yoga

Apr 2018 - sep 2019

Kurukshetra University, Yamuna nagar — Graduation

Mar 2014 - sep 2018

Courses

Ministry of Ayush Government of India, Delhi — Protocol Yoga Instructor

Apr 2021 - Apr

- The voluntary certificate of yoga professional Ministry of AYUSH, Government of India.

SKILLS

- Hatha Yoga
- Ashtanga & vinyasa
- Yoga Alignment
- Power Yoga
- Chair Yoga
- Yin YOGa
- Yoga Therapy
- Marma Therapy
- Mediation
- Body Purification

LANGUAGES

English

Hindi

**Morarji Desai National Institute of Yoga, Delhi— Yoga
Science For Wellness**

Feb 202201 - Mar 2021

**Ashtanga Yogpeeth Rishikesh, Rishikesh — 200 hrs
Hatha & Ashtanga vinyasa Teacher Training course**

Jul 2022 - Aug 2022