



ROHAN KOKIL

YOG TRAINER | SOUND THERAPIST |
ENTREPRENEUR

Experienced and certified Yoga instructor & Sound therapist seeking to use my knowledge and skills to inspire and empower students of all levels to improve their physical and mental well-being.

CONTACT



+91- 9765963350



yogaforamigos@gmail.com



464 Shaniwar Peth,
Pune-411030

LANGUAGE

English
Hindi
Marathi

INTEREST

Studying Business Models
Dancing
Swimming
Travelling
Animal Flow Training

WORK EXPERIENCE

Ileseum Club Pune

2022- Current

- Conducting Intermediate Yoga & Sound Therapy sessions of one hour 5 days a week.
- Taking Hatha Yoga Kriyas - Jal Neti, Shankha Naad, Trataka etc.
- Hip Opening Sessions, Balancing Sessions, Core Building sessions, Strength and Stamina building sessions.
- One on One counselling regarding mind and body relaxation

Private Classes

- Motivate clients to achieve their personal fitness goals through developing a simple routine.
- Guide clients about mental wellbeing and sound healing.
- Educating clients on effective ways to exercise while on business travel, at home and on vacation by introducing the concept of Chair Yoga & Yoga Nidra.
- Demonstrated respect, friendliness and willingness to help wherever needed.
- Taking sessions on Hatha Yog kriyas like Trataka, Jal Neti, etc.
- Pranayama, Breathing Exercises, Guided Meditations, Yoga Nidra & Sound Therapy Sessions.

