



AJAY ARYA

YOGA TEACHER

PROFILE

LOOKING FOR JOB OPPORTUNITIES AS A YOGA TEACHER/INSTRUCTOR WHERE I CAN LEAD PEOPLE TOWARDS A DEEPER LEVEL OF PHYSICAL AND HEALTHY LIFESTYLE ALONG WITH MENTAL PEACE. ORAGNIZED AND DRIVEN WITH THE INNATE ABILITY TO STAY ON TASK. EFFECTIVE AND EFFICIENT METHODS OF TEACHING WHILE FOCUSING ON THE INDIVIDUAL NEEDS OF EACH STUDENT.

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JOB PROFILE

- SUCCESSFULLY CURED PEOPLE SUFFERING FROM EMOTIONAL DISORDER LIKE TRAUMA, STRESS, ANXIETY ETC.
- PROVIDING RESULT ORIENTED 5 DAYS A WEEK CLASS FOR ONE HOUR DURATION.
- MENTORING STUDENTS INDIVIDUALLY AND MAKING THE PROGRAM ACCORDING TO THEIR AGE, INTERESTS AND MEDICAL CONDITIONS.

EDUCATION

- 10TH PASSED FROM RASHTRIYA SANSKRIT SANSTHAN NEW DELHI
- 12TH PASSED FROM RASHTRIYA SANSKRIT SANSTHAN NEW DELHI
- DYN (DIPLOMA IN YOGA AND NATURALPATHY 2015)
- BYN (BACHELOR OF YOGA AND NATURALPATHY 2017)
- MAY (MASTERS OF ARTS (YOGA) 2021)
- QCI SECOND LEVEL (QUALITY COUNCIL OF INDIA 2022)

WORK EXPERIENCE

- 2 YEARS EXPERIENCE AS A YOGA INSTRUCTOR GROUPING CLASS IN BHARTIYE YOGA ACADEMY
- HOME VISIT FOR PERSONAL YOGA TRAINING
- 1 YEAR EXPERIENCE AS A PANCHKARMA THERAPIST IN ADARIA AYURVEDA (THRIVANTHAPURAM KERALA)
- 2 YEARS EXPERIENCE AS YOGA INSTRUCTOR IN THE NATURAL POWER YOGA PASCHIM VIHAR
- TEACHING ONLINE CLASSES ONE TO ONE, GROUPS.

INTERNATIONAL YOGA DAY

- YOGA AWARENESS PROGRAM CONDUCTED BY OFFICE OF THE DISTRICT MAGISTRATE WEST DELHI