



# Sanjeev Khanna

## YOGA INSTRUCTOR

I am highly dedicated and passionate yoga instructor with 7 years of experience guiding people towards physical, mental, and spiritual well-being. Proficient in various yoga styles, including ashtanga, hatha and Power Yoga. My area of expertise is helping person with problem like back pain, neck, shoulder, Thyroid, BP, sugar etc. I am always Ready to inspire and empower people on their yoga journey.

## EDUCATION

### GURU JAMBESHWAR UNIVERSITY

Post Graduate Diploma in Advertising and Management

## EXPERIENCE

### YOGA INSTRUCTOR

2023-Present

Fitt Lounge Sector-1 Greater Noida U.P.

### YOGA INSTRUCTOR

Feb- june 2023

Xtreme Fitness Sector-1 ECO Village-1 Market U.P.

- Led group yoga classes in various styles, including Hatha, ashtanga, and pranayam, for students.
- Created and implemented well-structured yoga sequences that focused on breath awareness, proper alignment, and mindfulness.

### YOGA INSTRUCTOR

June 2021 - June 2022

Nirala Greenshore Society Greater Noida West U.P.

- conducted group yoga with clear verbal instructions, demonstrations, and hands-on adjustments to ensure participants understood and executed each asana with correct posture, alignment, and breath control.
- Designed and facilitated an additional 15-day yoga camp, immersing participants in a transformative journey of self-discovery and well-being.

### YOGA INSTRUCTOR

June 2016- May 2022

Shipra Sun City Indirapuram Ghaziabad U.P.

- Conducted one-on-one group yoga and created a supportive and inclusive environment, fostering a sense of community and personal growth among class participants
- Guided through meditation and mindfulness practices to promote mental and emotional well-being

## CONTACT



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## COURSES

**YCB EXAM IN YOGA** September 2022

Morarji Desai National Institute of yoga

**CERTIFICATE COURSE IN YOGA  
INSTRUCTOR**

September 2022

Morarji Desai National Institute of yoga

**FOUNDATION COURSE IN YOGA  
SCIENCE FOR WELLNESS**

May 2021

Morarji Desai National Institute of yoga

## SKILLS

Asan Techniques

Time Management

Meditation

Paranayam

Adapdability

leadership

Breathing Techniques

Continuous Learning