

ANKITA JOHN

YOGA TEACHER



CONTACT

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PROFILE

Father's Name	Fredinal John
Date of birth	20/12/1996
Gender	Female
Nationality	Indian
Religion	Christen

EDUCATION

- 10th Passed from UP board in 2011
- 12th Passed from UP board in 2013
- B.A. Passed from D.U. IN 2016
- Foundation course from MDNIY
- Certificate course in Yoga Science from MDNIY
- MA in Yoga Spiritualism and Meditation from JAIN VISHVA BHARTI
- Learned and practice Hatha yoga by attending sessions in the MDNIY

SKILLS

Time management
Problem solving
Communication
Creativity
Leadership
Quick learner
Leadership
Problem solving

CLASS STRUCTURE

- STRUCTURE OF THE YOGA CLASS:
- Each yoga class is divided into below parts:
- Loosening Exercises
- Asanas/Postures
- Pranayama
- Dhyana/meditation and deep relaxation.
- Brief theory knowledge is given to complement the practical aspect of yoga.
- Deep Breathing and Relaxation in between the postures and loosening Exercises is important part of the classes.
- Delong with breathing awareness, body consciousness
- remains the focus during the whole practice. It helps practitioners to stay in the present moment.
- Asanas or posture are practiced with the stillness of the body. A practitioner observes deep breathing and stays for a long time in all the postures.
- Yog Nidra (psychic sleep) for 10 to 15 minutes has proved to be very relaxing and rejuvenating for most practitioners.

WORKING EXPERIENCE:

- WORKING EXPERIENCE:
- Personal yoga trainer from 2015.
- Currently yoga trainer and group member in 'Incredible yog group.
- Take all types of classes in yoga-like power yoga, light yoga, hat yoga, etc.