



# Simranjeet Kaur

## yoga instructor

### My Contact

✉ Simarjeetkaur2828@fmail.com

☎ 8168395937

📍 1094 Sector 67,160062

### Hard Skill

- Sports,reading books
- Netflix streaming

### Soft Skill

- Observation
- Decision making
- Communication
- Multi-tasking

### Education Background

- 10th From bhiwani board

12th From bhiwani Board

B.A From KUK

PG Diploma in Yoga  
Therapy From KUK

Master Of yoga From KUK

IYA Level One From Hariduar

### About Me

Dedicated and detail-oriented 7 Year Exp.Personal Yoga Instructor. and 6 Month Exp. Ozy Gym as a Yoga Instructor. 2017.Helped students develop their body and mind awareness, as well as physical strength. Mentored beginner trainees on their yoga path. Ensured safety and students comfort during the classes. Lead group meditation sessions and flow yoga projects.

### Professional Experience

Anytime Fitness  
2023-Present

Key responsibilities:

- Designed personalized yoga routines to meet individual clients' needs and goals.
- Demonstrated and coached proper techniques and postures to help clients achieve maximum benefits from each session.
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#### OG Gym

- Demonstrated and coached proper techniques and postures to help clients achieve maximum benefits from each session.

### Achievements

Gold medal in all india interuniversity 2014 (Yoga)

2 Silver Medal , 1 Gold, 1 Broze medal in inter  
Collage 2011-2014(Yoga)

2 Silver medal , 3 Beroze medal in Distt. Yoga  
Compitation 2012-2018

Beroze medal in state YogaCompitation 2018

6 Position medal in national YogaCompitation

3 position in federation sports yoga compitation