



MAHIMA TYAGI

Yoga instructor EDUCATION

PROFILE

Certified yoga instructor
I consider myself a
responsible and orderly
person.

Strength

Professional qualification

CONTACT ME
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@gmail.com



Sector 9
faridabad
HR

B.sc from CCS University
➤ B.ed from Rohtak
University

QUICK LEARNER SELF MOTIVATED, DEDICATED, GREAT
MOTIVATOR

FOUNDATION IN YOGA
FROM MORARJI DESAI NATIONAL INSTITUTE OF YOGA

➤ CCYPI (CERTIFICATE COURSE YOGA PROTOCOL
INSTRUCTOR) FROM MORARJI DESAI NATIONAL
INSTITUTE OF YOGA

CCYWI (CERTIFICATE COURSE IN YOGA WELLNESS
INSTRUCTOR FROM MORARJI DESAI NATIONAL
INSTITUTE OF YOGA

YOGA TEACHER TRAINING FROM YOGA ALLIANCE
UTTRAKHAND

➤ HARD SKILLS

Hath yoga
Ashtang
yoga breathing exercise
meditation
stretching techniques
yoga safety

➤ EXPERIENCE

Working as freelance yoga
instructor and fitness trainer
since last 5 year taking yoga
classes in society park and my
own house