



CONTACT

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HOBBIES

I enjoy sport
travelling
listening
sharing a great meal with friends

JYOTI CHAUHAN

Yoga Instructor

EDUCATION

FOUNDATION COURSE MDNIY

PRESENT PURSUING P.G YOG DIPLOMA (1 YEAR) FROM SHRI LAAL
BAHADUR SHASTRI SANSKRIT UNIVERSITY (2022-23)

Professional yoga instructional course of 1 month.

WORK EXPERIENCE

yoga guider | freelancer, New Delhi-

- Present 3 year experience of offline and online yoga classes.
- Provided free yoga classes in NGO for 6 months.
- 8 months Yoga instructor in Pahal apparels manufactures & exporters for employees and personal classes for (CEO) Mr. Himanshu Khosla and Mrs. Khosla..
- Lead group yoga classes for students of all levels.
- Develop creative and engaging lesson plans that incorporate breathwork, meditation, and asana practice.
- Build positive relationships with students and maintain a welcoming and inclusive studio environment.
- Continuously educate and improve my own practice through attending workshops, classes, and trainings.

SKILLS

Customer relations Safety
compliance Exceptional
planning skills Creative teaching
methods Cardio and diet
planner concentration developer innovative for different age
group
service focused for best results
yoga for curing
disease Asan/ Pranayama yoga practitioner
Activities management