



RAHUL KASANA

Information



Address

Plot 74 S 1, RAJENDRA
NAGAR, SEC.5
SAHIBABAD, GHAZIABAD-
201005.



Phone

+91 9350616567



Email

rahulkasanaa0003@gmail.c
om

OBJECTIVE

- Committed to providing extensive instruction and counseling to my students, while motivating them to find true inner peace and their healthiest self. Adept in creating powerful teaching plans that aim to support and benefit each and every student. Bringing forth love and respect for the art of yoga and all that it encompasses.



EXPERIENCE

Yoga Teacher And Instructor

- Worked one on one with students to help with their health issues, nurture their motivation and enhance their personal performance goals.
- Challenged students while remaining sensitive to their individual needs and goals at all times.
- Actively engaged in building utilization of the Program's yoga.
- Be upbeat and fun!
- Consistently offer professional, friendly and engaging services to students.
- Motivate students to continue working toward their fitness goals by consistently attending yoga classes.
- Conducted classes in groups as well as individually with the aim of providing best of my abilities that i have.

➤ PROFFESIONAL SUMMARY

- Experienced and passionate Yoga Instructor with over 4 year of teaching experience and advanced training approach through online and offline medium of teaching.
- My experience was very fulfilling. I enjoyed my teaching and made sure that I took care of every aspect.
 - Took summer camps for Bal Bharti Public School.
 - PRESENT:- Taking Personal and Group yoga sessions.



EDUCATION

- Pursuing M.A in Yoga from U.K.Sanskrit University
- Post Graduation Diploma in Yoga and NATUROPATHY From SHRI LAL BAHADUR SHASTRI NATIONAL SANSKRIT UNIVERSITY,NEW DELHI.
- Post Graduation Diploma IN YOGA From SHRI LAL BAHADUR SHASTRI NATIONAL SANSKRIT UNIVERSITY,NEW DELHI.
- DELHI UNIVERSITY.
Bachelor of Arts
- S.K.Inter College.
Senior Secondary.
- S.K.Inter College.
Secondary



Personal Details

Date of Birth:- 19 Oct.1993
Father's Name:- Mr. Rajkumar Singh
Marital Status:- Unmarried
Contact Number:- 9350616567
Email add.:- rahulkasanaa0003@gmail.com



DECLARATION

- ♦ *I hereby declare that all the information contained in this resume is in accordance with facts and truths to my knowledge. I take full responsibility for the correctness of the said information.*

Rahul Kasana

