| **GOPAL KRISHNA UMESH JHA**  **Contact No :** +91 9326527511  **Email Id :** vedaarambh17dec@gmail.com  [gopaljha218@gmail.com](mailto:gopaljha218@gmail.com)  **SUMMARY**   * World Record Holder in 'LIMCA Book of World Record' in 1008 Surya Namaskar. * An experienced Yoga Instructor committed to make a difference in the educational field by applying wide knowledge of Yogic Philosophy & Psychology. * Serve people to realize the importance of Yoga to maintain a sound body and a sound mind. * Use in-depth knowledge and understanding of Yoga in the field of yogic practice. * To use Yoga as a tool for relaxation and happiness for people in their daily life. * Use Yoga as a healthy life style.   **QUALIFICATIONS**   * 200 hrs Advanced International ASHTANGA VINYASA Course from MYSORE HATHA YOGA KENDRA * DNYS (Diploma in Naturopathy Yoga Sciences) under BOARD OF NATUROPATHY & YOGA SYSTEM OF MEDICINE, UP. * Aerial Yoga Course From SUVI YOGA HOUSE * Certification Course in Natural Pain Management from YOG VINYASA INSTITUTE * Certification Course in Advanced Pranayama from YOG VINYASA INSTITUTE * Certification Course in Fitness Coaching from YOG VINYASA INSTITUTE * Certification Course in Corporate Yoga from YOG VINYASA INSTITUTE * Certification Course in VINYASA FLOW POWER YOGA ASANAS from YOG VINYASA INSTITUTE * Certification Course in POWER YOGA from YOG VINYASA INSTITUTE * Certification Course in THERAPEUTIC YOGA ‘THE REPRODUCTIVE SYSTEM’ from YOG VINYASA INSTITUTE * Certification Course in ADVANCE THERAPY from YOG VINYASA INSTITUTE * Certification Course in YOGA WITH PROPS from YOG VINYASA INSTITUTE * Bachelor Of Commerce from MANAV BHARTI UNIVERSITY   **WORK EXPERIENCE**   * **Owner at Ved Aarambh Studio** * **Designation :** Yoga Teacher & Therapist * **Experience :**  Dec ’20 Till Present * **Organization :** MANTRAS 11 STUDIO **Designation :** Yoga Teacher & Therapist **Experience :** Jan ’15 till Nov ‘20. * **Organization :**  YOG POWER STUDIO **Designation :** Yoga Trainer   **Experience :** Oct ’12 till July ‘14  **WORKSHOPS**   * Face Yoga, * Anti-Ageing Yoga, * Swiss Ball Yoga, * Chakras Balancing/Shuddhi through Asanas & Pranayams, * Advanced Pranayam, * Meditation & Physical Meditation, * Yoga Dance & Rhythmic Yoga, * Yoga for Self-Rejuvenate, * Corporate Yoga.   **PERSONAL DETAILS**  **Date of Birth :** 21/08/1992 **Language :** English, Hindi. **Address :** Room No. 3, Shiv Chhaya Society, Bihari Tekdi Road, New Bhaji Wadi,  Near Vijay Dairy, Poiser, Kandivali (East), Mumbai – 400101, Maharashtra.  **PLACE :**  **DATE : (GOPAL KRISHNA UMESH JHA)** |
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