

Curriculum Vitae

Male

D.O.B. 11 September 1997

Number of years working in industry: 7 years 6 months

Candidate ID Number: 185246

Nationality: Indian

Language Skills:

Fluent: hindi

Good: English

Permitted to work in: Indonesia, India

Position Sought: Fitness Professional, Yoga / Pilates Teacher

Personal Statement

my two best qualities are - i am a very good listener.

and i am very motivating.

my goal is to become an international yoga teacher.

Employment History:

March 2025 - Present - Yoga / Pilates Teacher at (most recent employer hidden for confidentiality) indonesia, Indonesia, (Health Club)

Duties included:

i am a yoga and fitness trainer. take yoga and gym classes from beginner to advance level including ashtanga vinyasa, hatha yoga, power and hot yoga, therapy yog, chair and wheel yoga.

provide clear instruction and gentle hands on clients to adjust and achieve alignment and prevent injuries.

plan thoughtful sequence, maintain professional boundaries, encourage presence, incorporate mindful practices, provide support, maintain discipline.

January 2023 - January 2025 - Yoga / Pilates Teacher at hind ayurvedic medical college, sitapur, India, (College)

Duties included:

developed safe and active exercise for student.

Tought student about general wellness, posture, circadian rhythm and stress management.

April 2021 - December 2022 - Yoga / Pilates Teacher at urban company, delhi, India, (Day Spa)

Duties included:

led upto 18 classes per week.

keep studio area safe, organised and comfortable.

explained different styles of yoga to improve flexibility, meditation for inner peace and self realisation.

February 2017 - January 2020 - Yoga / Pilates Teacher at sanjivani wellness, gohana, India, (Hospital / Medical Clinic)

Duties included:

conducted beginner to intermediate level yoga classes for wellness clients.

worked on different patients with care and motivated them to achieve balance physical and mental state.

conducted disease specific yoga classes. e.g. - spondylosis, diabetes mellitus, osteoarthritis, obesity yoga.

Education and Qualifications:

2025 dehradun, uttrakhand

master degree in yoga from uttrakhand university

i have done my specialisation in yoga

2023 uttrakhand sanskrit university.

master in yoga acharya

Did my bachelor in yoga science from jain vishwa bharti in 2021.

apart from this i have also done foundation course in yoga from morarji desai national institute of yoga, ministry of ayush, delhi

three months certificate course in yoga from MDNIY.

Certified as level - 1 yoga instructor from QCI (quality council of india)

certificate of yoga teacher training course from adhyatm sadhna kendra new delhi.

2016 U.P BOARD

U.P board

2014 acharya tulsi school

CBSE

Hobbies and Interests

my hobbies are to ride bike, do advance yoga practice and gyming, to stay fit , listen good songs and dance.

CV created at www.spastaff.com

