

ANIL ARYA

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EXPERIENCED PROFESSIONAL Yoga Education

[Preferred Assignments: Combining Health - Wellness –Spiritual encompassing Yoga and meditation]

A trained yoga teacher with comprehensive experience of over 5 years in yoga teaching encompassing principles of yoga, practicals in teaching yoga for Students or Trainee

- ↳ In-depth understanding of latest techniques of Yoga including Advanced Asanas, Pryanama and Meditation
- ↳ Extensive knowledge about various postures of yoga, as well as the relaxation and breathing techniques
- ↳ A fit & flexible individual with strong moral etiquettes and a calm nature with positive attitude & energy
- ↳ Demonstrated skills in continuous 2 hours Shirshasana (Head Stand)
- ↳ Track record of building human relationships with yoga, social work & relating to people across various of society.
- ↳ Ability to work in a multi cultural environment comprising of different nationalities

WORK ENGAGEMENTS

**Worked as Yoga Teacher at Amity University Yoga Center Sector-125 Noida Rashtra Nirmam Samiti New Delhi as well as DPS Noida for giving yoga classes
Also undertook several home & Gurop Classes**

Key Role

- ⇒ Explaining & teaching the movements and principles of yoga; developing class routines, as well as class format to maximize student's fitness benefits
- ⇒ Teaching about various yoga postures and advising regarding lifestyle issues like mind control and diet
- ⇒ Studying the physical limitations of students to effectively assign appropriate exercises for them; motivating students in living as healthy as possible
- ⇒ Leading yoga classes in individual or group settings; working in collaboration with multi-disciplinary teams to perform clinical assessments and developing treatment plans
- ⇒ Designing customized yoga classes based on needs; age and ability levels
- ⇒ Organizing educational workshops on yoga lifestyle and mind control; organizing community educating workshops

Highlights

- ⇒ Merit of attaining Certificate in:
 - 28th UP Yogasna Championship 2016-2017.
 - Run for Yoga in International Day of Yoga on 12th June, 2015 and 12th June, 2016
 - 3rd Gautam Buddha Yogasana Games in 2017

PROFESSIONAL QUALIFICATIONS

- ⇒ Diploma in Yoga Science from Moraji Desai National Institute of Yoga (Duration: 1 year) with 68%, 2016
- ⇒ TTC (Teacher Training Course) from the International Sivananda Yoga Vedanta Center, Naeyyar Dam Kerala, 2014
- ⇒ Certificate Course in Pranayam & Meditation from Moraji Desai National Institute of Yoga (Duration: 3 months), 2015
- ⇒ Certificate of Yoga Professionals Certificate (Level 2 Yoga Teacher)

ACADEMICS

- ⇒ Post-Graduation (Master of Yoga) from Uttrakhand Open University, Uttrakhand with 68%, 2016
- ⇒ Graduation BA (Shastri) Sampuranan Sanskrit Vishvdyalaya, Varanasi with 64%, 2014
- ⇒ HSC from Gurukul Kangri University, Haridwar with 67%, 2011.
- ⇒ Matriculation from Gurukul Kangri University, Haridwar with 50%, 2009.

PERSONAL DETAILS

- ⇒ Address : House No. 27D, Block-A5, Metro Apartment, Sec-71, Noida, Gautam Budh Nagar, 201301, U.P
- ⇒ Date of Birth : 13th July, 1993
- ⇒ Languages : Hindi, Sanskrit & English