



SONU SAHANI

Yoga Instructor

CONTACT

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ADDRESS

South Baluchar Malda,

English Bazaar

732101

(West Bengal)

LANGUAGE

English, Hindi and Bengoli.

PROFILE

Passionate Yoga Teacher with 4+ year of Professional experience. Trained Rayantika Yoga, Gym and physiotherapy Centre. In 2018 completed Yoga Teacher and Counsellor training from Willzee School of yoga. Worked as a Yoga Teacher in DWPS.

SKILLS

Breathing Exercises

cardio Exercises

Physical fitness

Yogasan

Pranayama

Meditation

Relaxation
Collaboration
Knowledge of body anatomy
Lesson planning and execution etc....

INTERESTS

Solo Yoga,
Rhythm Yoga,
Acrobatics Yoga,
Yoga Dance,
Yoga Therapy and Competitive Yoga postures,
Ashtanga Yoga classes,
Vinyasa Yoga classes,
Yin Yoga classes,
Hatha Yoga classes,
Yoga anatomy Classes...etc.....

PROJECT

Online Yoga classes,
Inter house Yoga competition and
Yoga quiz Competition.
District Yoga competition.
State Yoga competition etc....

TRAININGS

- Yoga Counselor certified from Wellzee school of Yoga.
- Yoga Teacher training certified from Wellzee school of Yoga.

TEACHING EXPERIENCE

- Rayantika Yoga, Gym and physiotherapy Centre Malda_ 2018 - 2022
- Delhi World Public school Malda_ 2018 - 2022
- Yoga Trainer Prabhat Yoga Ashram_ 2017- 2018

AWARDS

- 1st place in District Yoga Competition_ 2012.

- 1st place in All Bengal Yoga competition_ 2011.
- Participant in All India Uni Yoga Competition_ 2012.

EDUCATION

H.S (Science)