



RENU GUPTA

YOGA INSTRUCTOR

Navi Mumbai, India

renubalagupta73@gmail.com



EXPERIENCE

YOGA TEACHER • 2017 – 2024

- Conducting online classes at the platform of project Self & united Consciousness since March 2024
- Regular physical classes is continuously going on in the society of KESAR EXOTICA CHS LTD (2018 - present)
- Conducting regular yoga classes in virtual and physical mode
- Conducted one month Summer yoga class in Bharthi Vidyapeeth at CBD Belapur, Navi Mumbai (2015)
- Conducted regular classes, in the residential colony of M/s Gas Authority of India Ltd. CBD Belapur (2017 - 2018)
- During the Covid-19 pandemic conducted regular online classes up to 2 year
- Conducted special session on Surya Namaskar, to achieve the target of 108 Surya Namaskar for 2 month and also a batch of kid was trained to perform Surya namaskar
- A special batch of ladies was trained for power yoga (Approx. one year)
- On yoga day special session was conducted in M/s Cotton Corporation Ltd, Navi Mumbai (A central public sector undertaking)
- A two days' workshop was Conducted on yoga practice in Army contentment Mumbai

EDUCATION

MASTER OF ARTS (M.A.) IN YOGASHASTRA • 2020 • KAVIKULAGURU KALIDAS SANSKRIT UNIVERSITY • NAGPUR, INDIA

- 9.1 / 10 CGPA

CERTIFICATION OF YOGA PROFESSIONALS • 2018 - 2020 • INDIAN YOGA ASSOCIATION • INDIA

- Evaluated and certified as Level – 2 Yoga Teacher
- Supported by Ministry of Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homeopathy (AYUSH)
- Managed by Quality Council of India (QCI)

DIPLOMA IN YOGIC EDUCATION • 2014 - 2015 • YOGA VIDYA NIKETAN • MUMBAI, INDIA

MASTER OF ARTS (M.A.) IN HINDI • 1996 • MAHARSHI DAYANAND UNIVERSITY • ROHTAK, INDIA

SKILLS

- **SPECIALITIES IN TRADITIONAL ASANAS, PRANAYAM, MUDRAS, BANDH, KIRYA AND MEDITATION**
- **YOGA PRACTICE FOR PRE NATAL AND POST NATAL**
- **TEACHING ON PATANJALI YOG SUTRA**