



# Parshant Rana

Yoga Instructor

- **Experienced Yoga Instructor** passionate about helping clients reach their wellness goals. Adept at leading both one-on-one and group classes in alignment-based **Hatha** and **Vinyasa** yoga styles.
- Talented and **certified Yoga Instructor from Morarji Desai National Institute of Yoga** specializing in private and corporate classes with a focus on mindfulness and relaxation.

## Personal Info

- 7011380100
- [parshant9908@gmail.com](mailto:parshant9908@gmail.com)
- 136/1, village ghevra , New Delhi, 110081, India

Nationality  
Indian

Date of birth  
12-10-2005

## Skills

- Yoga Instruction
- Physical Fitness
- Flexibility Training
- Communication Skills
- Teaching Experience
- Time Management
- Problem Solving

## Languages

- Hindi
- English

## Work Experience

### Yoga Instructor, Online - Offline

December 2024

- Developed weekly children's yoga classes to focus on body awareness, breath, and relaxation.
- Demonstrated proper posture and alignment to ensure students were practicing yoga safely.
- Monitored student progress and provided feedback to ensure students were progressing positively.
- Led private yoga sessions to address the specific needs of individual clients.
- Adapted classes to accommodate the various levels and abilities of students.

## Education

### FCYscW From MDNIY

August 2024 - September 2024

### CCYWI From MDNIY (First division with distinction)

October 2024 - March 2025

- The course also covered **yogic philosophy**, including concepts from the **Yoga Sutras of Patanjali**, **Bhagavad Gita**, **Gheranda Samhita** and the **eight limbs of yoga**, which helped me appreciate yoga as a holistic lifestyle rather than just physical exercise.

### Completed Hatha Yoga Course From Drishti Yogshala Rishikesh (Yoga School)

April 2025 - July 2025

- During my time at yoga school, I gained a deep understanding of both the theoretical and practical aspects of yoga. I learned various **asanas (postures)**, **pranayama (breathing techniques)**, and **meditation practices** that promote physical health and mental clarity.