

# Rohan Negi

## Senior Yoga Instructor – Therapeutic and Corporate Yoga

Dehradun, Uttarakhand · [Phone] · [Email] · [Website or LinkedIn]

### PROFESSIONAL SUMMARY

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Yoga instructor with seven years of teaching across a wellness retreat, corporate programmes and online batches. Specialises in back-care and stress-management yoga, working alongside physiotherapists on referred clients. Holds Yoga Wellness Instructor Level 2 and RYT-500 credentials, and has trained junior teachers in sequencing, safe adjustments and class documentation.

### SKILLS

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Back-care therapeutic yoga · Stress-management programmes · Ashtanga and Vinyasa · Yoga Nidra · Corporate wellness sessions · Online class delivery · Teacher mentoring · Client progress tracking · Retreat scheduling

### EXPERIENCE

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**Senior Yoga Instructor** — Himalayan wellness retreat with residential programmes, Rishikesh  
4 years · current

- Led daily Hatha and Yoga Nidra sessions for residential guests on seven- to twenty-one-day stays, with groups of up to twenty-five.
- Designed a back-care module with the in-house physiotherapist, used by roughly forty referred guests every quarter.
- Mentored four junior instructors through observed classes, feedback notes and monthly sequencing workshops.
- Built a simple intake and progress form that cut repeated health questions and helped teachers adapt poses before sessions.

**Corporate Yoga Trainer** — Employee wellness services firm, Dehradun  
2 years

- Conducted weekly desk-stretch and breathing sessions for six client offices, including an IT services centre and a regional bank branch network.
- Converted in-person sessions into thirty-minute live online classes during remote-work periods, retaining most enrolled employees.
- Presented quarterly attendance and participant-feedback summaries to client HR teams to support contract renewals.

**Yoga Teacher** — Community yoga centre, Dehradun  
1 year

- Taught mixed-level evening Vinyasa batches and a Saturday beginners' workshop for newcomers to the centre.

- Grew the evening batch from nine to twenty-two regular students through referral cards and a free trial week.
- Kept a simple injury and modification log for regular students, shared with the centre coordinator every month.

## EDUCATION

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**M.Sc. Yoga Science** — State university department of yogic science, Haridwar

Dissertation on breathing practices and perceived stress in office workers

**B.Sc. Physical Education** — Government degree college, Dehradun

## CERTIFICATIONS AND REGISTRATIONS

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- Yoga Wellness Instructor (Level 2), Yoga Certification Board, Ministry of AYUSH
- RYT-500, Yoga Alliance
- Certificate course in Yoga Therapy
- First Aid and CPR, renewed every two years

## PROJECTS

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- Desk Reset programme — six-week corporate yoga module adopted by three client offices as a standard wellness offering
- Online back-care batch — twelve-session course for remote participants with weekly home-practice videos

## LANGUAGES

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English · Hindi · Garhwali