

SHILPI GUPTA

from Anubhuti Yog

about

Experienced and Passionate Yoga expert with over a decade teaching and training experience. Committed to providing extensive instructions and counseling to the clients, while motivating them to find true inner peace and their healthiest self. Bringing forth a love and respect for the art of Yoga, and all that it encompasses.

Director of Anubhuti Yog Sanstha(NGO) and founder trustee of Anubhuti Yog(Trust) believing in complete inner transformation thriving for positivity.



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MEMBERSHIPS

AKRURJI WELFARE TRUST
Executive Member
For Social Welfare

PRAGATI CLUB-EAST DELHI
Health Co-coordinator
For promotion of Business

LAUGHTER YOGA ORGANIZATION
President
For laughter therapy

SKILLS

Therapy Yoga
Pregnancy Yoga
Pranayam
Meditation
Ayurveda
Food and Nutrition
Behaviour Counselling

CERTIFICATION

RECOGNIZED PRIOR LEARNING
(RPL)

*Yoga teacher Level-5 in SKILL
INDIA Pradhan Mantri Kaushal
Vikas Yojna (PMKVY)*

CERTIFIED ASSESSOR
for *Pradhan Mantri Kaushal Vikas
Yojna (PMKVY)*

Distinguished Trainings

- Extensive Yoga training at HCL, Noida
- Sangeet Bharti Institute
- LIC offices in Surajmal Vihar
- Bal Bhawan Public School, Swasthya Vihar
- Rotary Club, Preet Vihar

Professional Education

2006 - Present

YOGA EXPERT | NEW DELHI

- M.A in yog (Science of Living) from Jain Vishwa Bharati University, Ladnun, Rajasthan
- Certified Course in Yoga (CCY) from Morarji Desai National Institute of Yoga (MDNIY)
- Certified Course in Yoga (CCY) from National Institute of Open School (NIOS)
- Diploma in Naturopathy and Yoga from Lajpat Bhawan
- Diploma in yoga and Ayurveda (Basic) from Tilak Maharashtra University (Pune)
- Diploma in Food and Nutrition from Indira Gandhi National Open University (IGNOU) Delhi
- Certified Course in Accupressure from Sanskrit Academy, New Delhi
- Certified Course in Ayurved from Sanskrit Academy, New Delhi