



Naina Deepak Jain

An Internationally Certified Yoga, Aerobics Trainer & Fitness Consultant, Pre & Post Natal Yoga & Garbhsanskar Coach, Health & Nutrition Expert.

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nainajain3192@gmail.com

Pune, Maharashtra

Digital Card Youtube Presentation Digital Interview Google reviews



WORK EXPERIENCE

- **Total work experience of 15+ years**
- **AM Studio**
Yoga & Aerobics Instructor, Full Body Workout Trainer
Currently working as yoga and aerobics instructor and also full body workout trainer at AM studio **since last ten years**. conducting online class & various workshops recently.
- **Shubhangad Gym**
Instructor
Worked as instructor at Shubhangad Gym for **Four years**



SPECIAL AND AMPLE EXPERIENCE IN

- **Yoga, Power Yoga, Kids yoga and Fun fitness training**
- **Aerobics and Advanced floor training and Hard core exercise**
- **Special senior citizen yoga, Pranayam, Meditation and Breathing techniques**
- **Corporate yoga & Special medical yoga, Detoxifying and Stress relief yoga**
- **Laughter yoga for individuals, Groups and Corporates**
- **Facial Yoga for Wellness and Overall Beauty.**
- **Weight Management**
- **Successfully Treated Sleep Apnea, Back, Shoulder, Neck, Knee, Migraine, Diabetes, Hyper tension, Thyroid, Depression Problems**

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Internationally certified yoga & aerobics instructor with advanced hard core training in yoga, power yoga & floor exercise. Enjoys inspiring others to improve wellness and committed to long term health and fitness goals. energetic and outgoing with collaborative spirit.

Highlights

- ★ Encouraging Leader
- ★ Intuitive
- ★ Adaptable Professional
- ★ Fast Learner
- ★ Flexible Instructor
- ★ Customize programs for individuals
- ★ Fitness Consultant
- ★ Health & Nutrition Expert

SKILLS

Teaching



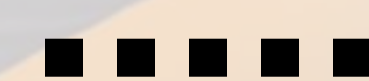
Communication



Motivational



Leadership



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▶ Naina Jain



WORKSHOP & EVENT

Events 2024

Kirloskar Pneumatic

Hormonal Balance By Yoga, Pranayam & Meditation, Laughter Yoga – Corporate Session
7th Feb 2024 – 10th Jan 2024

Swayam Ladies Kitty Group

Hormonal Balance By Yoga, Pranayam & Meditation – Kitty Session
8th Feb 2024

Events 2023

Kirloskar Pneumatic

Chair Yoga, Posture Correction, Asanas, Breathing – Corporate Session
12th Dec 2023 – 27th Nov 2023 – 11th Oct 2023 – 13th Sep 2023 – 9th Aug 2023

Envisage – Bajaj Finserv

4 Sessions – Desk/Chair Yoga
29th Jun 2023 – International Yoga Day

MSP GROUP

Desk/Chair Yoga, Laughter Fun Yoga, Face Yoga – Corporate Session
23rd Jun 2023 – International Yoga Day

Crossword

Fun Activities Yoga & Meditation – Corporate Session
22nd Jun 2023 – International Yoga Day

New Vision Software

Desk, Chair & Face Yoga – Corporate Session – 21st Jun 2023 – International Yoga Day

Hunarsource Consulting Pvt. Ltd.

Desk, Chair & Face Yoga – Corporate Session – 21st Jun 2023 – International Yoga Day

Sagitec Solutions Private Limited

Desk, Chair & Face Yoga – Corporate Session – 21st Jun 2023 – International Yoga Day

Steelcase Asia Pacific Pvt. Ltd

Desk, Chair & Face Yoga – Corporate Session – 21st Jun 2023 – International Yoga Day

Ecozen Solutions

Wellness Mat Yoga – Corporate Session – 21st Jun 2023 – International Yoga Day

Workday Enterprise Management

Wellness Mat Yoga – Corporate Session – 15th Jun 2023

Poonawalla Housing Finance

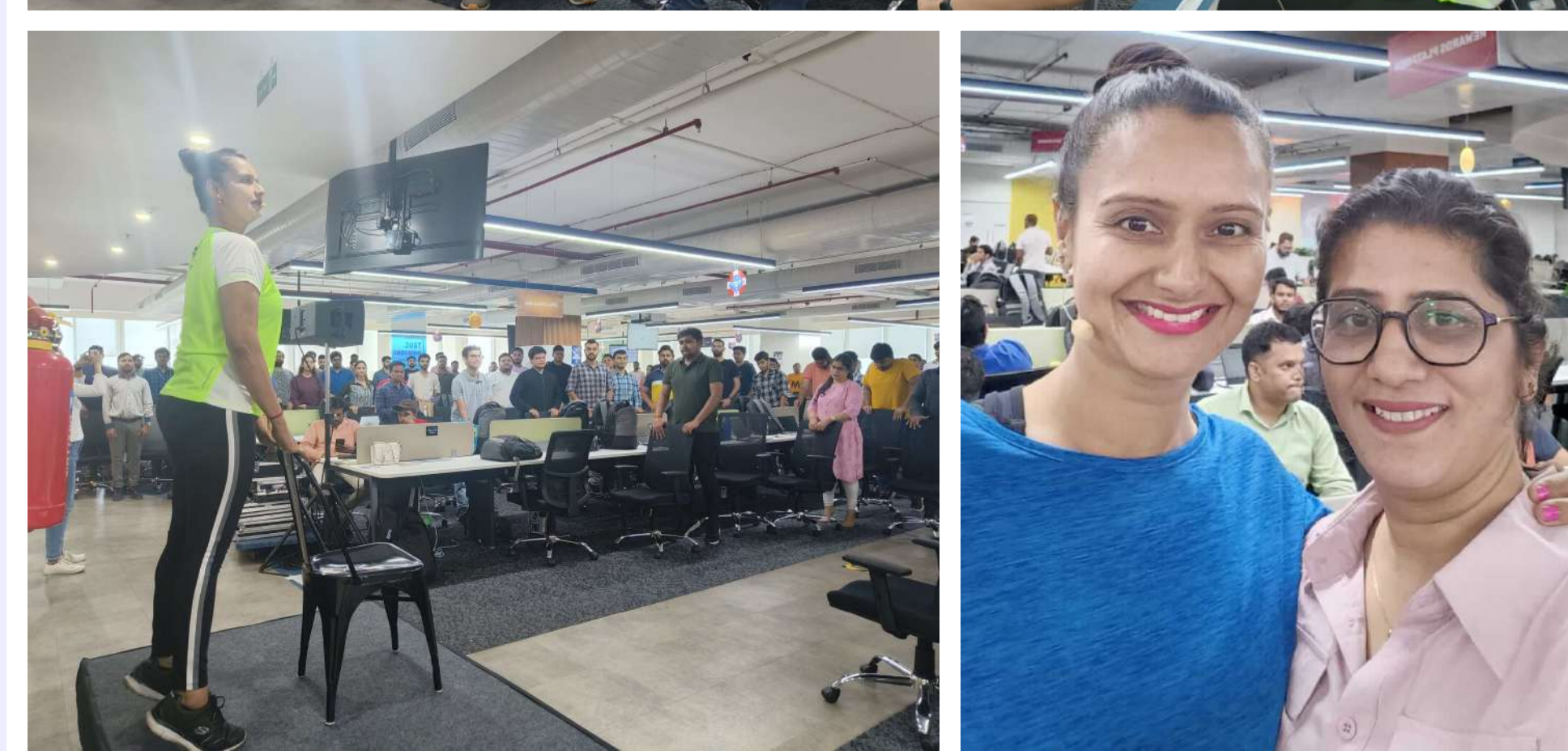
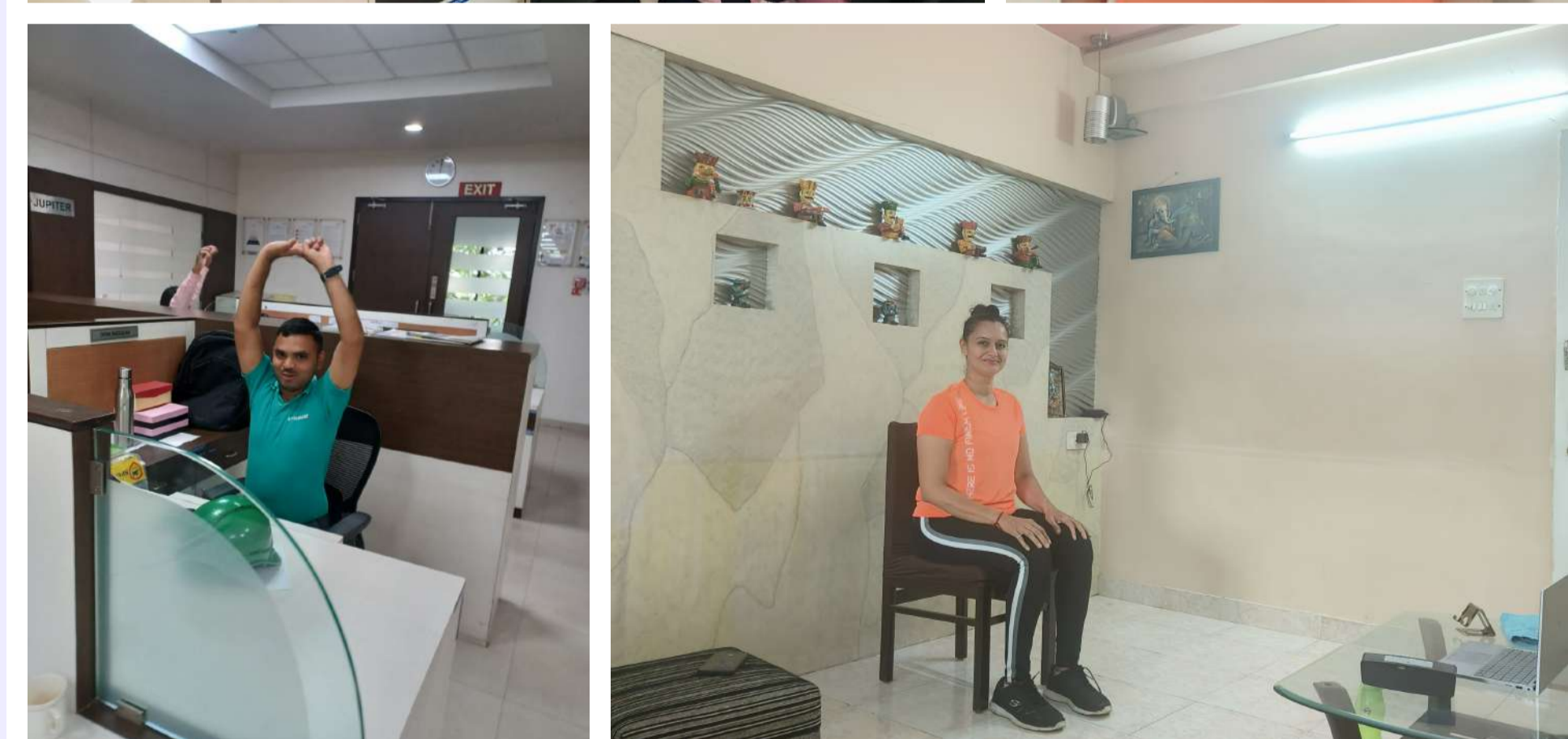
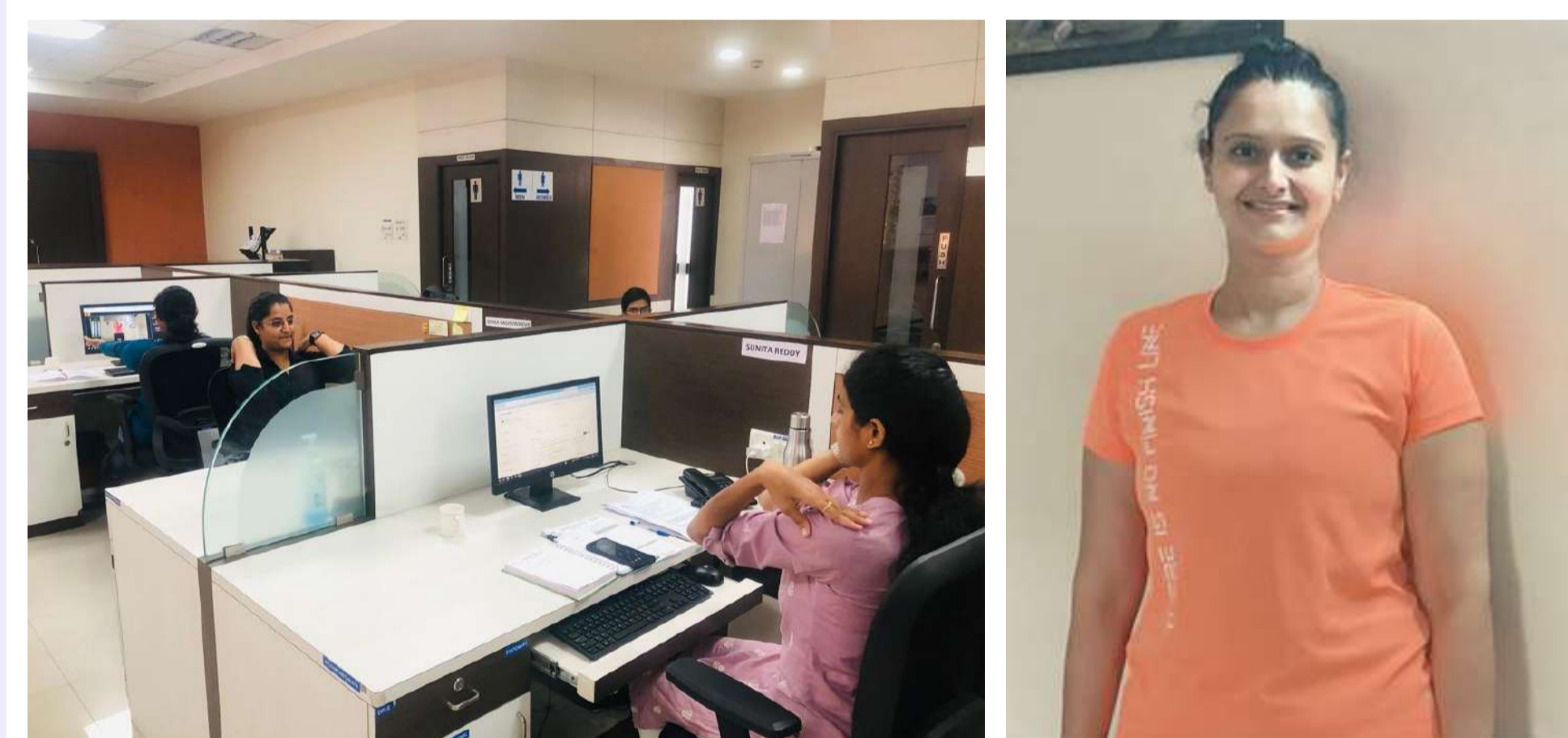
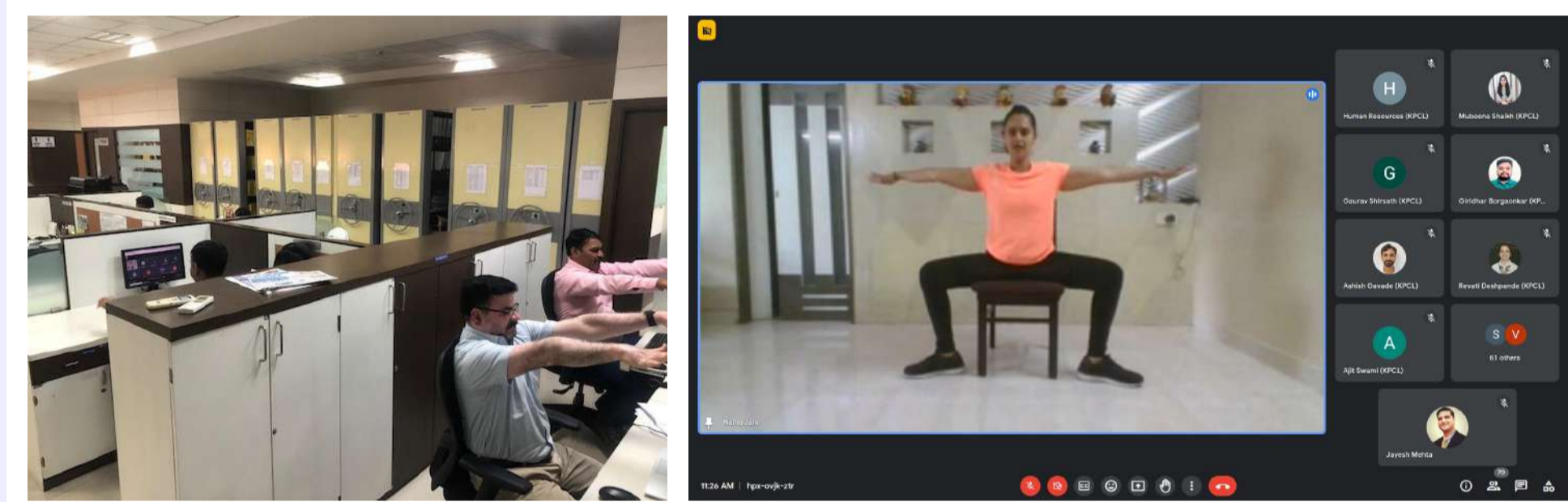
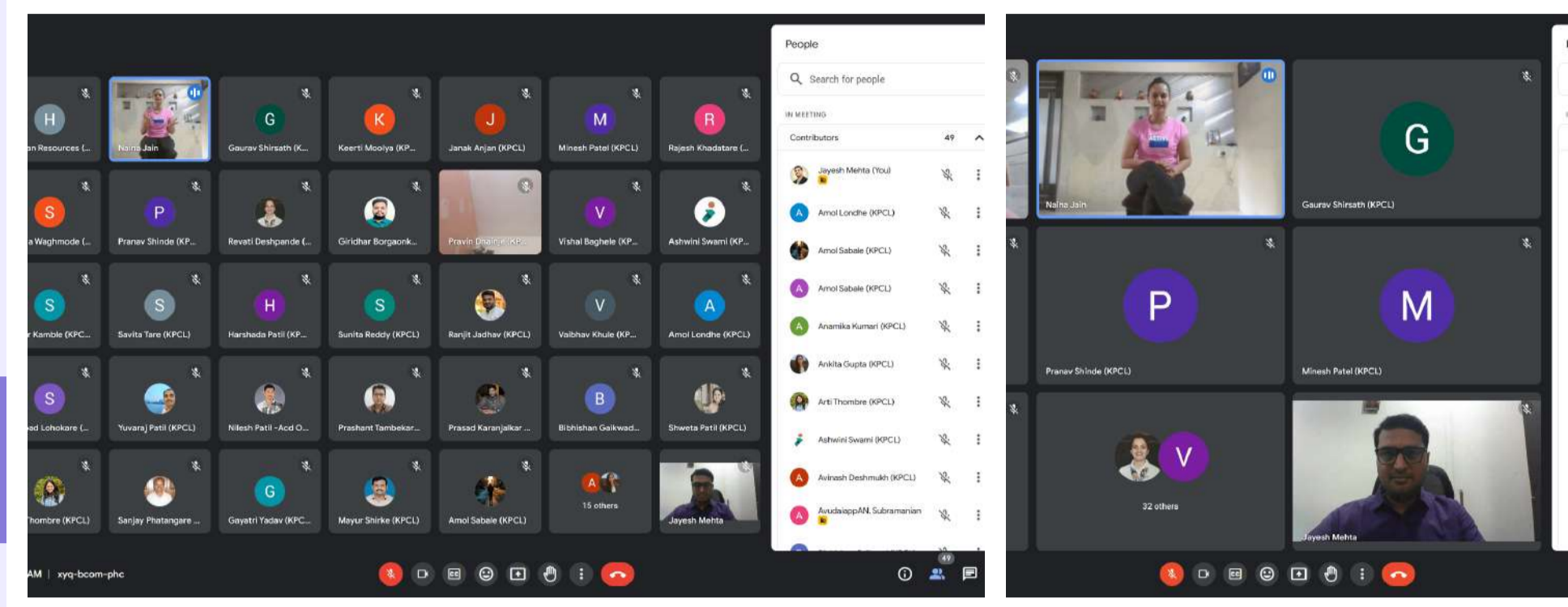
Corporate Yoga Training – Corporate Session

Sagitec Solutions Pvt. Ltd

Online Desk Yoga With Breath Work & Eye Exercises To Release Body & Mind Stress For Sagitec Company On 10 February,2023

108 Suryanamaskar Event

Republic Day & Ratasaptami Special (26 January,2023)





WORKSHOP & EVENT

Events 2022

- **Vimeo in India & APAC Region**
Online Event of Ergonomics & Laughter Yoga - (CORPORATE SESSION)
- **BNY Mellon MNC Company**
Virtual Yoga & Aerobics Session - (CORPORATE SESSION)
- **Krsnaa Diagnostics Pvt. Ltd.**
Yoga Events In Five Center - (CORPORATE SESSION)
- **Head Office Chichawad**
(21 June 2022)
- **Kamla Nehru Hospital**
(23 June 2022)
- **Lokmanya Hospital, Sainath & Nigdi**
2 Events (24 June 2022)
- **Sutar Hospital**
(28 June 2022)
- **New India Assurance Pvt. Ltd**
Ergonomic Office Yoga - (CORPORATE SESSION)
- **Steelcase Asia Pacific Pvt. Ltd**
Ergonomic Office Yoga - (International Yoga Day - 21 Jun 2022)

