



# Naina Deepak Jain

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

+91 9890141951

www.nainayoga.in

nainajain3192@gmail.com

Pune, Maharashtra

- Digital Card
- Youtube
- Presentation
- Digital Interview
- Google reviews



## WORK EXPERIENCE

Total work experience of 24+ 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 Nineteen 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

“

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



## FOLLOW ME

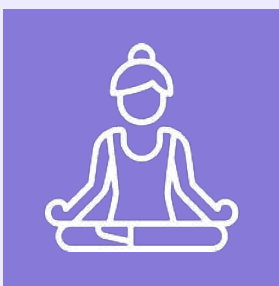
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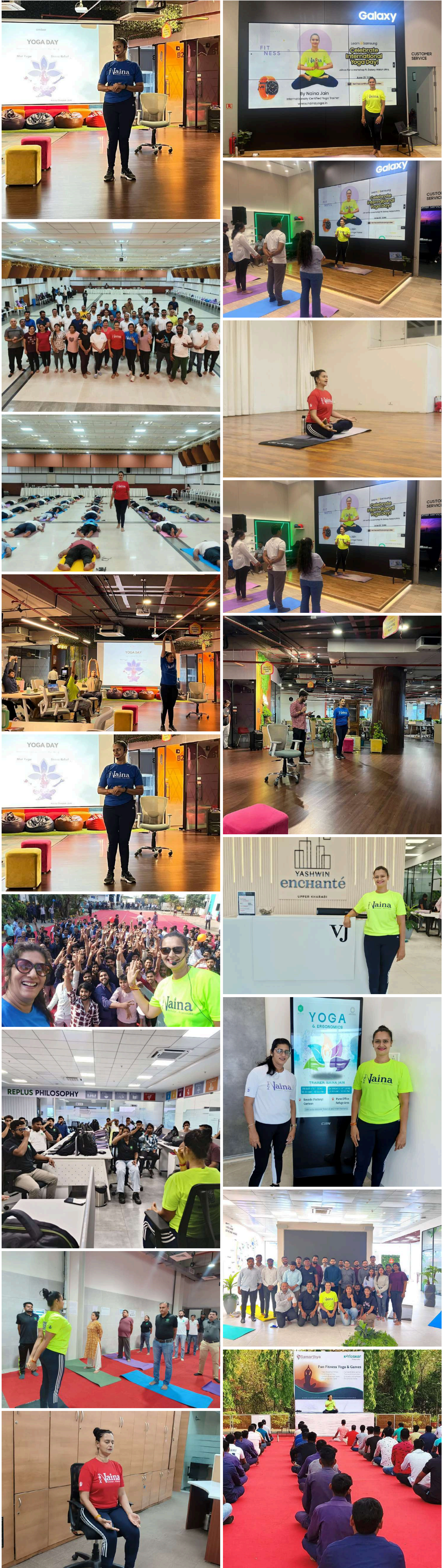
# WORKSHOP & EVENT

## Events 2025

- Normet India Pvt Ltd**  
Ergonomics + Pranayam & Posture Care – Postural Alignment & Stretch Routine  
Corporate Session – Total 16 Online Sessions
- Intorq India Private Limited**  
Ergonomics + Pranayam + Yoga to Reduce Eyes Strain + Meditation Corporate Session  
8th July 2025 – 12:00 pm To 3:00 pm
- Kirloskar Pneumatic**  
Yoga – Around the World Corporate Session 21 – 23rd June 2025 – 11:00 am To 12:00 am
- Samsung**  
Samsung Ultra Watch Branding with Yoga Corporate Session – 21st June 2025 – 05:00 pm To 6:00 pm
- Amar Builders**  
Wellness Yoga, Breathing and Meditation Corporate Session – 21st June 2025 – 07:30 am To 8:00 am
- Cyncyl**  
Ergonomics yoga, breathing and meditation Corporate Session – 20th june 2025 – 11:00 am To 12:00 pm
- Amber Student**  
Ergonomics & Meditation Corporate Session – 19th june 2025 – 5:00 pm To 6:00 pm
- Ashwin Enchante – Vilas Javdekars**  
Ergonomics & Pranayam Corporate Session – 19th june 2025 – 11:00 am To 12:00 pm
- Replus Engitech Private Limited – Wanwadi**  
Floor Yoga Bliss / Align. Breathe. Thrive – Ergonomics & Pranayam – Corporate Session  
14th june 2025 – 10:00 am 11:45 am
- Replus Engitech Private Limited – Bavada**  
Grounded Grace: Floor Yoga & Posture & Prana: Ergonomics Yoga with Pranayam – Corporate Session –  
13th june 2025 – 10:00 am To 12:00 am
- Torrent Gas**  
Ergonomics – Corporate Session – 12th June 2025 – 10:00 am To 11:00 am
- Kirloskar Pneumatic**  
Fun Fitness Yoga & Games – Corporate Session – Saswad & Hadapsar Branch  
18 & 19 Apr 25 – 7:30 Am to 8:30 Am
- Kirloskar Pneumatic**  
Yoga & Chakras – Unlock Your Inner Energy! – Corporate Session – 11 Mar 2025 – 11:00 am To 12:00 pm
- LTI Mindtree**  
Ergonomics Yoga – Align, Strengthen & Thrive! – Corporate Session – 4 – Mar 2025 – 12:00 pm To 1:00 pm
- Torrent Gas**  
Fun Fitness Games – Corporate Session – 1st Mar 2025 – 10:15 am To 11:15 am
- Torrent Gas**  
Face Yoga & Aerobics & Bokwa Bliss – Corporate Session – 16th Jan 2025 – 10:15 am To 11:15 am
- Kirloskar Pneumatic**  
Detox your Body ,Mind & Soul – Corporate Session – 7th Jan 2025 – 11:00 am To 12:00 pm
- Torrent Gas**  
Detox Yoga – New Year Mindful Renewal Yoga – Corporate Session – 3rd Jan 2025 – 10:15 am To 11:15 am

## Events 2024

- Fitr – Philips Electronics India Ltd**  
Introduction to Meditation and Mindfulness – Corporate Session  
Session 1 & 2 – 24th & 26 Dec 2024 – 11:30am to 12:30pm
- Kirloskar Pneumatic**  
Harnessing the Power of Breath and Mind Connection  
9th Dec 2024
- Cheil & Samsung Workshop**  
Health Awareness by Promoting Samsung Ultra Watch – Workshop  
7th Dec 2024
- Torrent Gas**  
Floor Yoga with Health Awareness , Stress Yoga and Meditation – Corporate Session  
7th Dec 2024 – 22th Nov 2024







## WORKSHOP & EVENT

### Events 2024

#### Gensol EV

Wellness Yoga, Pranayam & Laughter Yoga  
19th Nov

#### TSYS Card Tech Services India LLP

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session  
25th June 2024

#### Kirloskar Pneumatic

Yoga Therapy For Neuropathic Pain , Bliss Yoga With Clapping & Laughter - Corporate Session  
13th Nov - 9th Oct - 11th Sep - 06th Aug - 10th July - 25th June - 15th May - 9th May - 8th May

#### Coleda Pvt Ltd

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session  
24th June 2024

#### Sagitec

Corporate Wellness Chair Yoga - Corporate Session  
21st June 2024

#### Amber Student

Corporate Wellness Chair Yoga & Breathe Work & Relaxation - Corporate Session  
21st June 2024

#### Grihum Housing Finance Limited

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session  
21st June 2024

#### Ecozen - Balewadi, Marunji, Tathawade

Mat Yoga - Wellness & Lifestyle Yoga, Stress Relief via Breathe Work, Ergonomics, Pranayam, Meditation, Laughter - Corporate Session  
21st June 2024, 20th June 2024, 19th June 2024

#### Steelcase - Chakan

Mat Yoga - Wellness & Lifestyle Yoga, Stress Relief via Breathe Work - Corporate Session  
21st June 2024

#### Quinstreet Software Private Limited

Hair Yoga, Fun & Fitness Aerobics /Yoga, and Yoga For Lifestyle Disease with Laughter yoga - Corporate Session - 19th June 2024

#### Sadri Nari Sangathan

Wellness Yoga & Lifestyle Tips, Laughter, Breathe Work - Ladies Family Session  
15th June 2024

#### Naina Yoga Studio Event

Gut Health Asanas, Pranayam, Meditation, Yognidra - Studio Session  
15th June 2024

#### Birlasoft Limited, Vyom Labs Pvt. Ltd., Coforge

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session  
20th June 2024, 18th June 2024, 17th June 2024

#### Worldline Global Services Pvt Ltd, Magna Steyr India

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session  
14th June 2024, 13th June 2024

#### LTIMindtree Shivajinagar, Smiths Detection, Celebal Technologies

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session  
18th June 2024, 11th June 2024 - 10th June 2024 - 6th June 2024

#### Rythm in Motion Events - Accenture

Ergonomics Yoga, Relaxing Breathing Techniques  
19th April 2024 - 18th April 2024

#### Kirloskar Pneumatic

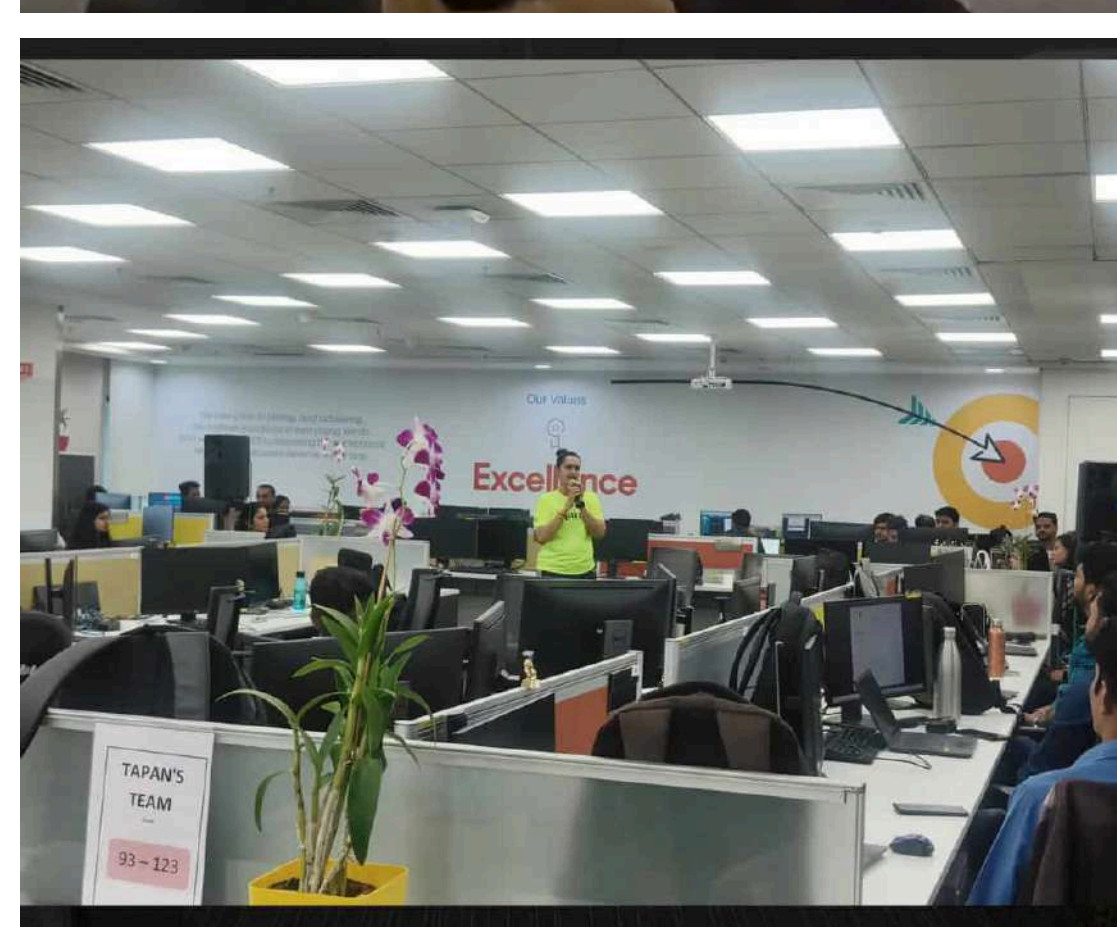
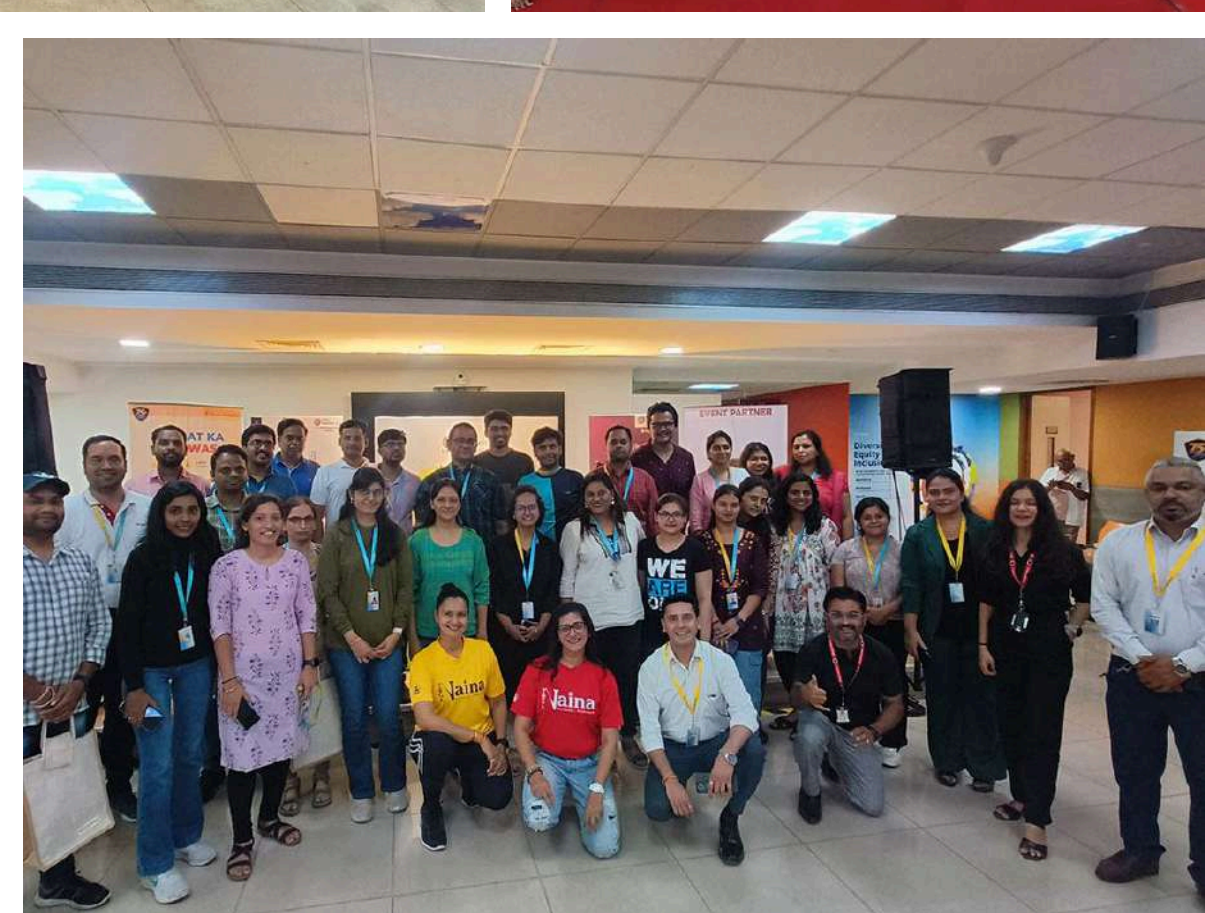
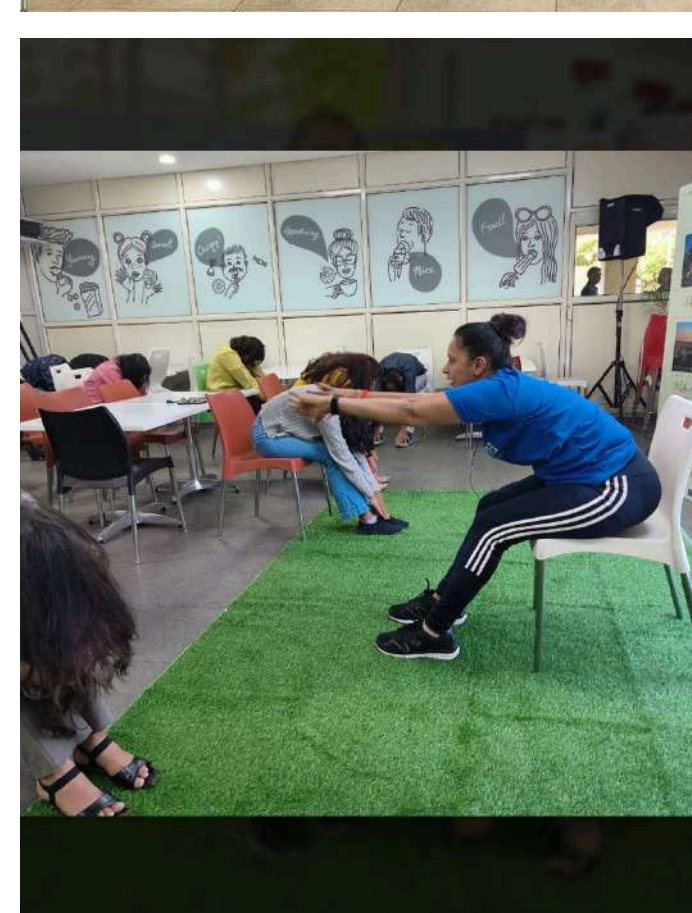
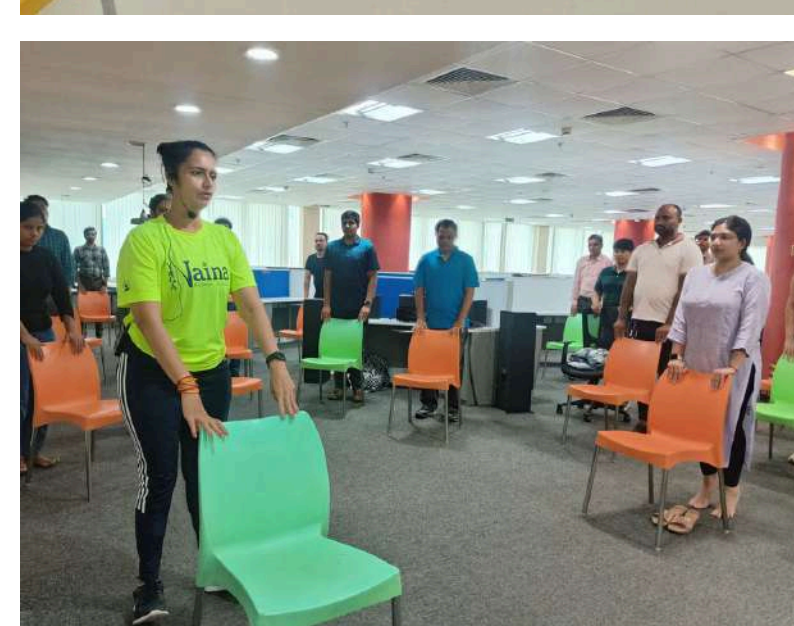
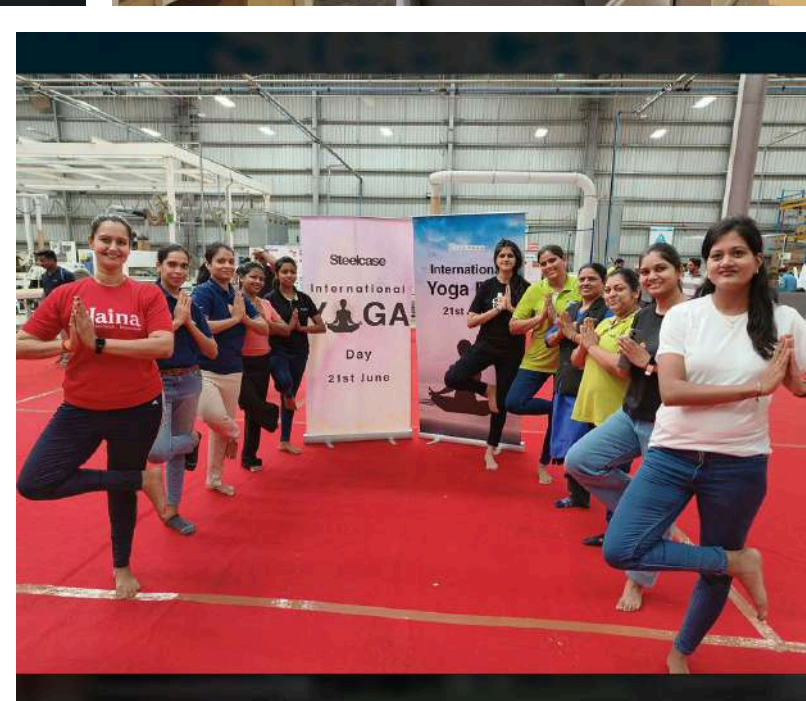
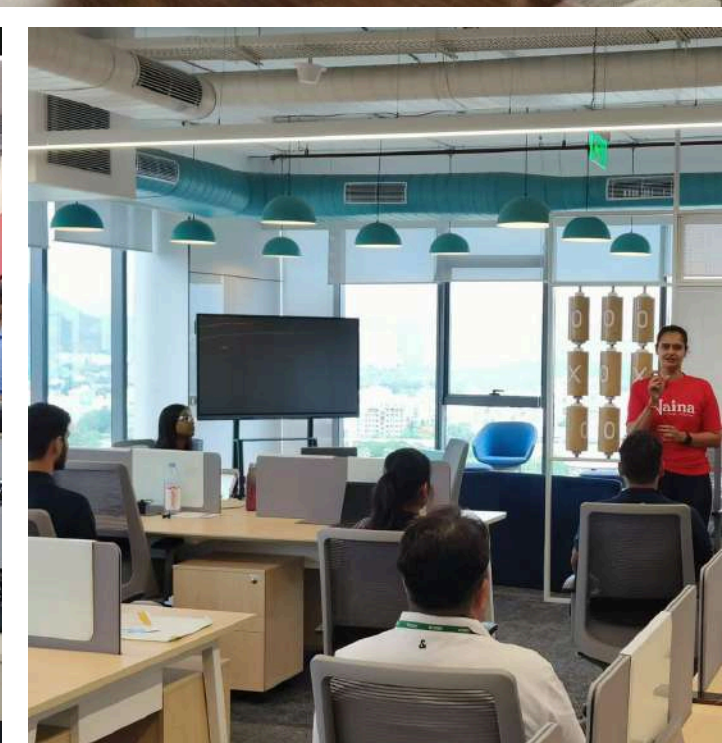
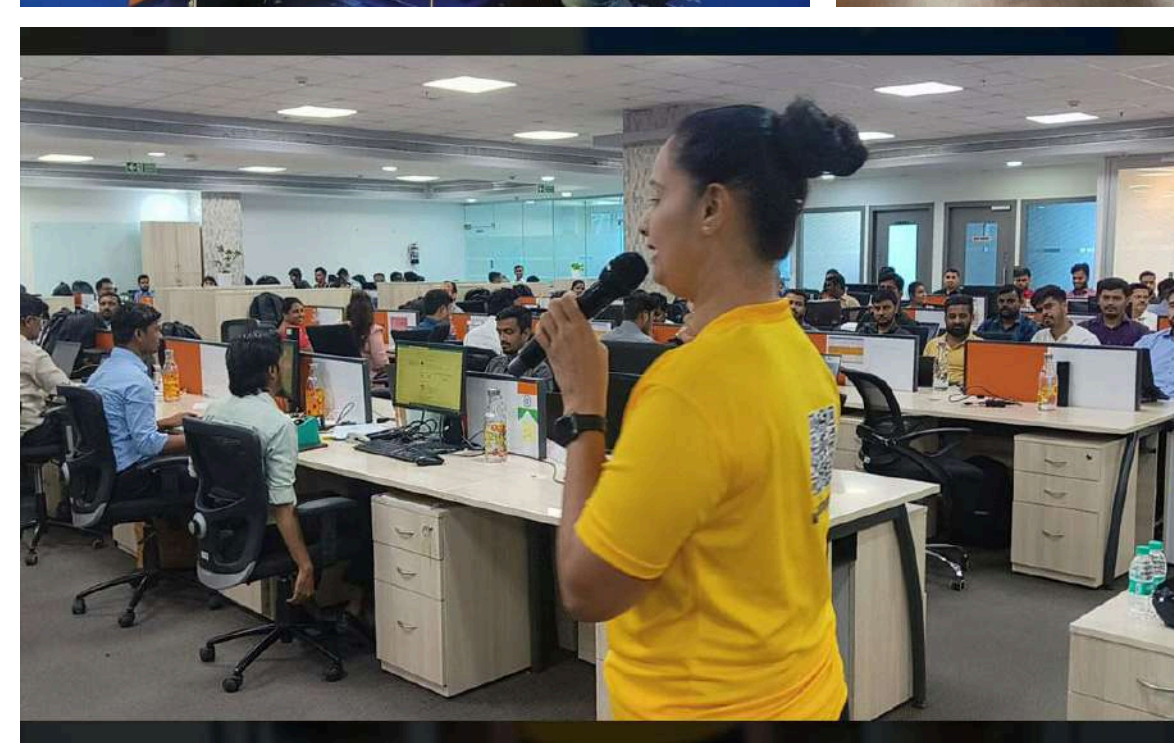
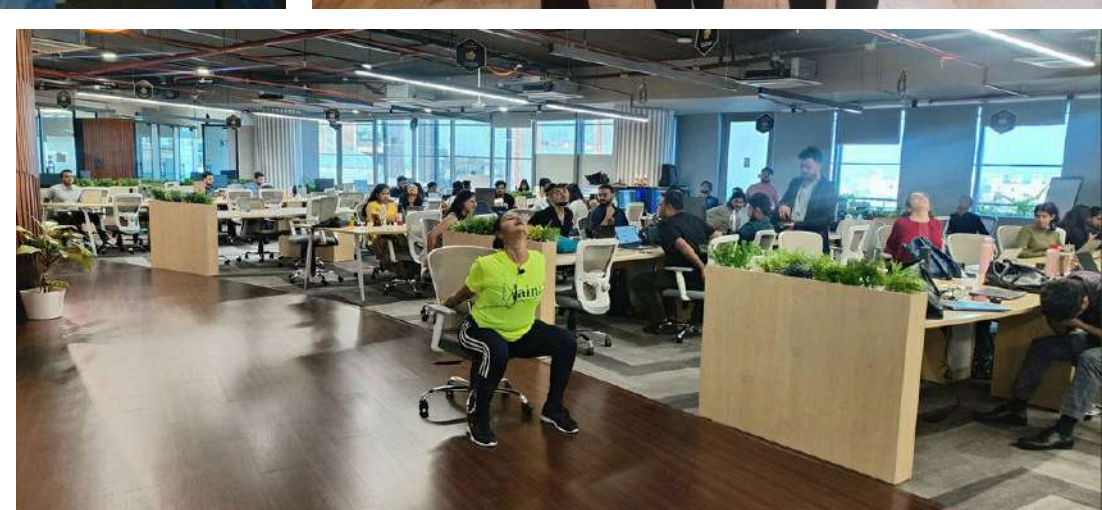
Clapping & Tapping Therapy - Emotional Freedom, Ergonomics Yoga, Relaxing Breathing Technique - Corporate Session  
10th April 2024 - 12th March 2024

#### Swayam Ladies Kitty Group

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

#### Kirloskar Pneumatic

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







## WORKSHOP & EVENT

### 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

#### Ecozen Solutions

Wellness Mat 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

#### 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)

### 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)

