

SHEIKH SHAFIQ ANSAR

from Anubhuti Yog

about

3rd Runner up of All India Rising Star Award- Passionate, Experienced and enthusiastic Yoga instructor with deep love for health and wellness. Encompasses in depth knowledge of body anatomy and functional movement having expertise in postural alignment and working with injuries.

Director of Anubhuti Yog Sanstha (NGO) and Founder & Trustee of Anubhuti Yog Trust, a firm motivator of improved wellness aspiring others to commit long-term health and fitness goals in national and International organisations.

contact



(+91) 9899656506



sheikhshafiqansar@gmail.com



D-294, near Balaji Mandir,
Vivek Vihar Delhi, 110095

SPECIALITES

Human Anatomy & Physiology

Modern Diagnosis & First Aid

Hydro Therapy

Chromo & Magneto Therapy

Science of Living

Acute & Chronic Disease
treatment

SKILLS

Therapy Yoga

Power Yoga

Pranayam

Meditation

Vinyasa Yoga

Food and Nutrition

Behaviour Counselling

CONFERENCES

8th National Naturopathy & Yog
Conference in Gwalior, M.P

9th National Naturopathy & Yog
Conference in Sevagram, Verdha

10th National Naturopathy & Yog
Conference in Jalpai Gudi, W.B

Patanjali Yog Peeth, Haridwar

Distinguished Trainings

- Tech Mahindra Ltd. NSE, Phase-II, Noida
- Nehru Yuva Kendra Sanstha during National Integration Camp 2008,09,10,11
- Bapu Nature Care Hospital
- Extensive Yoga training at HCL, Noida
- Renowned Models
- Ex-Diplomats

Professional Education

2006 - Present

YOGA EXPERT | NEW DELHI

- M.A (Yoga Science) from Jain Vishwa Bharati University, Ladnun, Rajasthan
- FCYSc from Morarji Desai National Institute of Yoga, New Delhi
- Certificate Course of Yog Teacher from Patanjali Yog Samiti, affiliated to Patanjali Yog Peeth, Haridwar
- Six month certificate course in Yog from Vishwa Bharti Yog Sansthan affiliated from National Institute of Open Schooling
- Three years diploma in N.D.D.Y (Naturopathy & Yog) from Gandhi National Academy of Naturopathy