

RAKSHIT KHUGSHAL

Professional Yoga Teacher

"Yoga Teacher with 5 years of Teaching. Guiding students toward holistic wellness through authentic Hatha Yoga-blending asanas, pranayama, and meditation for body-mind harmony. And Spreading the Knowledge of 'The Art of Alignment and Adjustment technique.



EDUCATION

UNIVERSITY OF
PATANJALI

Bachelors in Yogic science

This program provide a comprehensive understanding of yoga as a scientific discipline and its application in promoting health and well-being.

UTTARAKHAND SANSKRIT
UNIVERSITY

Masters in Yogic science

Understanding of yoga from a scientific perspective. It integrates traditional yogic wisdom with modern scientific research, exploring the physiological, psychological, and therapeutic effects of yoga.

RISHIKESH YOGDHAM

500hours Teacher Training Course

A comprehensive program that combines 200-hour and 300-hour levels, offering advanced training in various yoga styles, alignment, sequencing, and philosophy

YOGA ANATOMY AND PHYSIOLOGY

**40 days Applied Anatomy and Physiology
Certified Course**

WORK EXPERIENCE

Rishikesh Yogpeeth
(2023-2025)

Yoga Teacher

- Taught Core Modules: Led in-depth sessions on traditional Hatha Yoga asanas Alignment and Adjustment, pranayama, meditation, and yogic philosophy for 200/500-hour YTTC students.
- Mentored Trainees: Guided aspiring teachers in alignment principles, teaching methodology, hands-on adjustments and Props on Adjustment
- Designed/co-developed training materials on anatomy, sequencing, and the 8 limbs of yoga.
- Practical Assessments: Evaluated student teaching practicums with feedback on cueing, pacing, and class energy.
- Special Workshops: Conducted focused sessions on Ayurveda, mantra chanting, or yoga therapy (if applicable).

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yog_with_rakshit

SKILLS

Professional

- Traditional Hatha
Yoga (Asana,
Pranayama, Dhyana)
- Yogic Philosophy &
Lifestyle Coaching
- Anatomy & Alignment
Expertise
- Sequencing and
Class Design
- Leading Guided
Maditation

Personal

Leadership
Management Skills
Time Management
Communication Skills
Critical Thinking
Negotiation

LANGUAGES

English (Advance Level)
Spanish (Beginner Level)