



NIKHIL RATHI

SKILLS

Specialist in Yoga with special experience in Hatha Yoga, HIIT Cardio Training, Strength Training and weight loss programs and knowledge about all kinds of diet programs.

EXPERIENCE

3 year experience in Yoga

- Specialization in Hatha Yoga
- 200 hrs TTC from Rudra yogpeeth, Rishikesh
- training experience in Ashtanga, Pranayama

2 year experience in strength training

- Expert in hypertrophy workout
- Muscular Development training
- Circuit training
- Weight training
- Powerlifting

2 year experience in Cardio Training

- Specialization in HIIT Cardio
- Aerobics workout

EDUCATION

1. Masters in Yoga Alternate Therapy, SGRR University, Dehradun

July 2023 - Present

2. Bachelors in Yogic Science, SGRR University, Dehradun

July 2020 - June 2023

3. Higher Secondary Class (XII-Class)

2018 - 19

4. Senior Secondary Class (X-Class)

2016 - 17