



Naina Deepak Jain

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

+91 9890141951

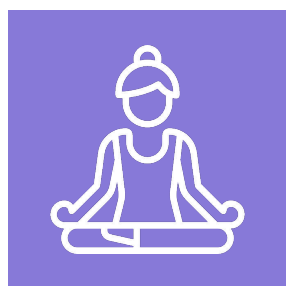
www.nainayoga.in

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 19+ 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
- ★ Fitness Consultant
- ★ Health & Nutrition Expert
- ★ Customize programs for individuals

SKILLS

- | | |
|---------------|--------------|
| Teaching | Motivational |
| ■■■■■ | ■■■■■ |
| Communication | Leadership |
| ■■■■■ | ■■■■■ |

2025 & 2026 AWARDS

Best Yoga Classes, Pune



FOLLOW ME

- | | |
|---------------------|----------------|
| in nainayoga | f nainasyoga |
| @ nainayogawellness | +91 9890141951 |



WORKSHOP & EVENT

Events 2026

Seclore

Desk to Destiny – Ergonomics, Pranayam & Clapping Tapping – Corporate Session
30 September 2026 – 4:00pm to 5:00pm

Steelcase

Health & Wellness Around the Clock – Corporate Session – 21 August 2026 – 2:30pm to 3:30pm

Stratacent

Work Smart, Breathe Better – Corporate Session – 22 June 2026

Manushala – Nagarro

Face Yoga – Corporate Session – 24 June 2026 – 11:30am to 12:30pm

Uno Care & 3M

Yoga Challenges & Meditation – Corporate Session – 23 June 2026 – 11am to 12pm

Bajaj Finance

Ergonomics + Pranayam Corporate – Corporate Session – 23 June 2026

Durr

Ergonomics + Meditation – Corporate Session – 22 June 2026 – 01:30 PM to 2:30 PM

Amber

Workplace Wellness Through Ergonomics, Pranayam & Meditation
Corporate Session 1 – 19 June 2026 – 3:00 pm to 4:00 pm

Our Vision Event Co – Adani Connex

Mat Yoga for Healthy Living – Corporate Session 1 – 19 June 2026 – 5:30pm To 6:30pm

Tech Mahindra

Ergonomics + Pranayam – Corporate Session – 18 June 2026 – 3:30pm to 4:30pm

Replus Engitech Private Limited – Bavada

Healthy Living Through Yoga & Breathwork – Corporate Session 2
18 June 2026 – 10:30am To 11:30am

Replus Engitech Private Limited – Wanwadi

Yoga for a Healthy Life: Floor Yoga & Breathwork Session – Corporate Session 1
17 June 2026 – 10:30am To 11:30am

Intorq India Private Limited

Ergonomics + Pranayam + Yoga to Reduce Eyes Strain + Meditation
Corporate Session 1 – 16 June 2026

Intorq India Private Limited

Ergonomics + Pranayam + Yoga to Reduce Eyes Strain + Meditation
Corporate Session 2 – 16 June 2026

Hunarsource – LTM (LTI Mindtree)

Ergonomics + Pranayam + Clapping – Corporate Session 2 – 9 June 2026

Kirloskar Pneumatic

Zumba Event by Naina's Team – Corporate Session – Hadapsar Branch – 17 April 2026

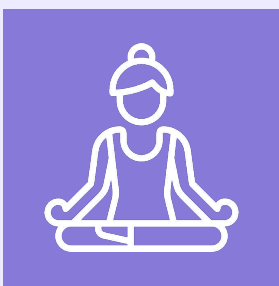
Kirloskar Pneumatic

Zumba Event by Naina's Team – Corporate Session – Saswad Branch – 16 April 2026

Storopack

Laughter Yoga Event – Corporate Session – 4 February 2026





WORKSHOP & EVENT

Events 2025

- Torrent Gas**
Man Ka Yog - The Inner Connection
- 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





WORKSHOP & EVENT

Events 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

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

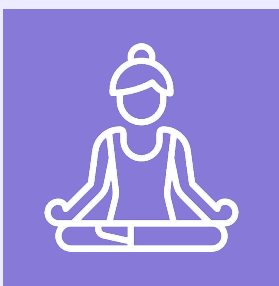
LTIMindtree Shivajinagar, Smiths Detection, Celebal Technologies

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





WORKSHOP & EVENT

Events 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

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)

New India Assurance Pvt. Ltd

Ergonomic Office Yoga – (CORPORATE SESSION)

Steelcase Asia Pacific Pvt. Ltd

Ergonomic Office Yoga – (International Yoga Day – 21 Jun 2022)





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

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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)

