

Janak Singh

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Summary

Sports Massage Therapist well-versed in advanced stretching, pressure point and muscular relaxation therapies. Collaborative team player with superior work ethics and interpersonal abilities. Almost five years' experience in the field of sports therapy.

Skills

- Deep Tissue Therapy
- Pressure Point Therapy (Reflexology)
- Advanced Stretching
- Yoga Asanas

Experience

Consulting Sports Massage Therapist | Indian Oil Sports

Feb 2019 – Ongoing

Have consulted prominent sports as well as star personalities with respect to stretching, and muscle relaxation therapies, as well as having regular clients in the NCR region.

Personal Massage Therapist

2019 – Ongoing

Working with a Physiotherapist in Delhi since 2019

Clients Treated and Handled

- Anupriya Singh – Businessman
- Rhea Sawhney – Businessman
- Shalini Sawhney – Businessman (Sahni Tyre)

Education

Himalayan Garhwal University

B.A. Yoga