



EVERY THING IS BETTER WHEN WE DANCE

BELIEVER DANCE & FITNESS



PROPOSAL FOR ZUMBA SESSIONS CORPORATE PACKAGE



ZUMBA
INSTRUCTOR
NETWORK

ID# 2060357

VALID THROUGH: April, 2023

Sangeeta Paul

sangeetapaul1511@gmail.com

LICENSED TO TEACH

Zumba Instructor: Sangeeta Paul

#ZINMember | #iAmBeliever | #happyDance
#happySoul | #danceFitness | #zumbaTherapy

Stay Fit Stay Happy

MEET THE INSTRUCTOR



Sangeeta was born & brought up in Shillong, Meghalaya, surrounded by the pristine Khasi Hills. Dance & music was a continuous part of her growing up. Fitness was natural due to the hilly terrain.

As priorities of life caught up with her, dance and music became like old friends - lot of fond memories but distant.

In 2015, she restarted her fitness regime and started hitting the gym regularly. Between 2015 - 2019, she reduced her weight from 75kg to 55kg.

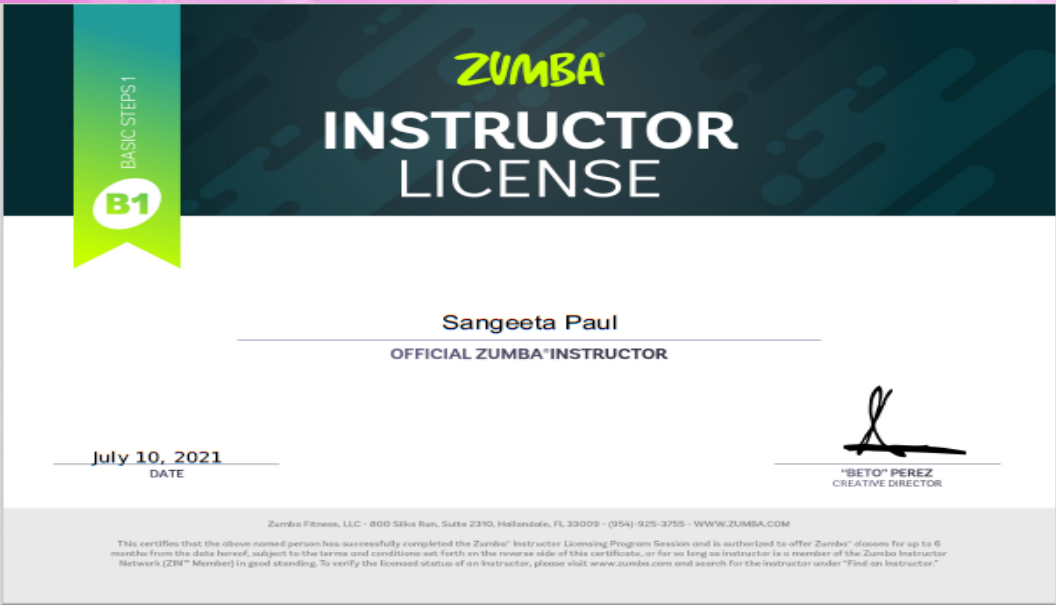
During the pandemic with all the ups and downs, she found the opportunity to rekindle her passion for Dance and Music. She became a certified Zumba instructor and became part of the prestigious Zumba Instructor Network (ZIN).

With the vision - *Fitness as a Lifestyle* - she launched "BelieverR- Dance & Fitness" to spread the concept of dance-fitness which can be fun and also keep us fit. She is now conducting online and offline Zumba sessions and is also associated with Corporates and Gyms & Fitness clubs.

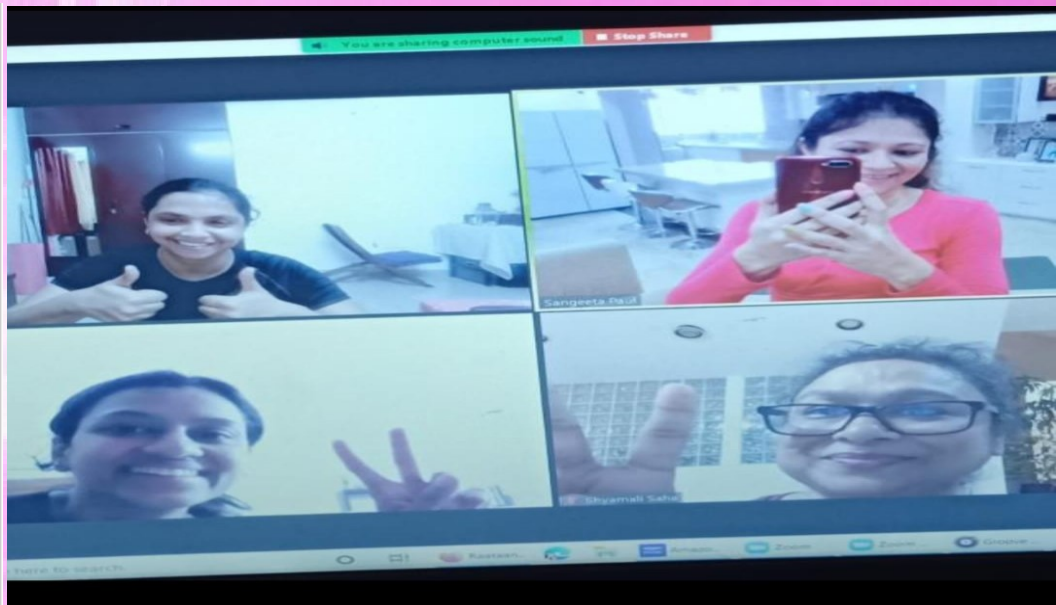
"All goals are achievable if we believe in ourselves and be persistent" - ZINSangeeta

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ZUMBA JOURNEY



Certified Zumba Instructor-Jul 21



Virtual Zumba Sessions-Aug 21



Zumba Sessions in Gyms -Dec 21



Corporate Session @ SBS - Feb 22



Own Studio - Apr 22



More Gyms Added - Mar 23

"No steps are small if the direction is right" -
ZINSangeeta

HAPPY CHEMICALS ARE RELEASED WHEN WE DANCE

BELIEVER
DANCE & FITNESS

ZUMBA
CERTIFICATES



CUE LIKE
A PRO

Sangeeta Paul

COMPLETED CUE LIKE A PRO COURSE

March 10, 2022

DATE



"BETO" PEREZ
CREATIVE DIRECTOR



This document certifies that the above named person has successfully participated in an official Zumba® continuing education course, and is authorized to display this certificate for as long as the instructor is a Zumba Instructor Network® member in good standing, pursuant to the ZIN® license agreement. The Zumba continuing education course is NOT an additional Zumba license. Go to zumba.com/indianinstructor to verify that the instructor's Zumba license is current and valid.

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Zumba® World Rhythms:
Caribbean - Jamaica

Sangeeta Paul

COMPLETED ZUMBA® WORLD RHYTHMS: CARIBBEAN - JAMAICA

March 26, 2022

DATE




"BETO" PEREZ
CREATIVE DIRECTOR



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Zumba® World Rhythms:
India

Sangeeta Paul


COMPLETED ZUMBA® WORLD RHYTHMS: INDIA COURSE

March 27, 2022

DATE



"BETO" PEREZ
CREATIVE DIRECTOR



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Zumba® World Rhythms:
Brazil

Sangeeta Paul

COMPLETED ZUMBA® WORLD RHYTHMS: BRAZIL COURSE

March 27, 2022

DATE




"BETO" PEREZ
CREATIVE DIRECTOR



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Zumba® World Rhythms:
Africa

Sangeeta Paul

COMPLETED ZUMBA® WORLD RHYTHMS: AFRICA

March 26, 2022

DATE



"BETO" PEREZ
CREATIVE DIRECTOR



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BELIEVER
DANCE & FITNESS

HAPPY SOULS



*"A little bit of dance is all
you need when nothing is
going right" -
ZINSangeeta*

DANCE IS A GREAT STRESS RELIEVER

REACH
OUT



<https://www.facebook.com/SangeetaZIN/>



<https://www.linkedin.com/in/sangeetazin/>



@sangeetapaul15



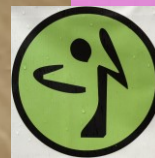
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https://www.zumba.com/en-US/profile/Sangeeta_Paul/2060357

"Dance is the purest form of bonding as it requires shredding all inhibition" – ZINSangeeta

DANCE IS A HEALER – PHYSICAL & PSYCHOLOGICAL