

To create a private Docker registry and push an image, follow these steps:

1. Install Docker Registry on a server or a cloud-based platform of your choice. You can use a Docker image to do this. For example:

```
docker run -d -p 5000:5000 --restart=always --name registry registry:2
```

This will start a Docker Registry container listening on port 5000.

2. Build your Docker image, and tag it with the address of your private registry:

```
docker tag myimage localhost:5000/my-image
```

3. Push the image to your private registry:

```
docker push localhost:5000/my-image
```

4. Verify that the image is in the registry by running:

```
curl http://localhost:5000/v2/\_catalog
```

This should return a JSON object containing the name of your image.

5. Pull the image from your private registry:

```
docker pull localhost:5000/my-image
```

You can now use this image on any Docker host that has access to your private registry.