



Preet Gidwani

Yoga Instructor

Certified Face Yoga Instructor with 2+ years of experience and a Yoga Instructor specializing in Hatha and Ashtanga with 3+ years of practice. Also a Certified Nutritionist and Dietitian, integrating holistic wellness through yoga and nutrition.

Work History

Face Yoga Instructor & Wellness Coach

Freelance & Private Coaching

January 2024 – Present

- Conducting ongoing private Face Yoga and Yoga batches, focusing on holistic well-being.
- Led a 3-day Face Yoga Workshop (Feb 2024) on facial muscle toning and relaxation.
- Hosted an offline Yoga Workshop (May 17, 2024) for 20 participants (1.5-hour session).
- Conducted an online Yoga Workshop (1.5 hours), making yoga accessible remotely.
- Led a Yogic Detox Session, combining nutrition and yoga for internal cleansing.

Assistant Instructor

YogaByManya

January 2024 – Present

- Assisting in structured yoga programs for students of all levels.
- Supporting lead instructors in posture correction and flexibility training.
- Providing hands-on guidance to enhance student practice.

CONTACT

- faceyogabypreet@gmail.com
- +91 9834241312

SKILLS:

- Yoga and Wellness Coaching
- Workshop Facilitation
- Wellness Program Design
- Nutritional Guidance
- Stress Management Techniques

QUALIFICATIONS

- Certified Face-Yoga Coach
- Certified Yoga Coach
- Hatha & Ashtanga Yoga Certification
- Certified Nutritionist & Dietitian

EXPERTISE:

- Face Yoga & Holistic Facial Wellness
- Yoga for Stress & Emotional Well-being
- Holistic Nutrition Guidance
- Corporate Wellness Program Facilitation