



# Mittal Dawda

## *Yoga coach*

I'm a dedicated Yoga Coach passionate about improving my clients' health, wellness, and quality of life. Creating exercise programs using the traditional & latest techniques for teens, adults, and senior citizens tailored to individual strength and needs. I am committed to empowering clients to discover their potential for self-healing, growth, and sustained well-being

### CONTACT

- 9769699961
- mittaldawda10@gmail.com
- Mumbai

### YOGA SKILLS:

- Ashtang Yoga
- Hatha Yoga
- Meditation & Mindfulness
- Pranayama
- Relaxation Techniques
- Kriyas
- Stress Management

### COACHING SKILLS

- Effective Communication
- Empathy & Motivation
- Class Planning & Sequencing
- Demonstrating Exercise
- Wellness Programme Design
- Creativity
- Relationship Building
- Effective Instruction

### Expertise

- Personal Coaching & Training
- Group Coaching Wellness Programme Facilitation
- Corporate Wellness Program Facilitation
- Children Yoga

### Certification & Education

#### The Yoga Institute, Mumbai | June 2024

- Basic Teacher Training Course TTC 200 hrs (RYS Yoga Alliance)

#### Jamnalal Bajaj Institute of Management & Studies

- MBA in Marketing

### Experience

#### Personal Coaching | June 2024

- Provided Personal Training & Coaching to a student as a part of my assignment



The Yoga Institute

## CERTIFICATE

This is to certify that

Mittal Sarla Arvind Dawda

has successfully completed the

**BASIC TEACHERS' TRAINING COURSE (200 HOURS) IN YOGA EDUCATION,**

in the month of June-2024 and

is qualified to teach yogic concepts & techniques to children and healthy adults.

Certificate No.: B/001/20714

Dr. Hansaji Jayadeva Yogendra  
Director, The Yoga Institute



Date: 29th-Jun-2024

Anjali N. Desai  
Dean, The Yoga Institute