



PUNEET  
**DUTT DHONDIYAL**  
12 February 1999

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## YOGA INSTRUCTOR

### • EDUCATION AND QUALIFICATIONS

2022 : **YTTC 200hrs** | Sivananda Dhanwantari Ashram

2021 : **YCB level 1 & 3** | Morji Desai National Institute of Yoga

2020 - 2021 : **Diploma in yog science (1 year)** | Morji Desai National Institute of Yoga

2019 - 2020 : **Wellness instructor course (6 months)** | Morji Desai National Institute of Yoga

2019 : **Common yoga protocol instructor (3 months)** | Morji Desai National Institute of Yoga

2018 : **Foundation course (1 month)** | Morji Desai National Institute of Yoga

### • WORK EXPERIENCES

2022 December - April : Sivananda Dhanwantari Ashram  
**YOGA INSTRUCTOR**

2021 June - August : Goa  
**PERSONNAL YOGA TEACHER**

2020 - Nowadays : Freelance | Online  
**YOGA TEACHER**

December 2019 : Tihar central jail | Delhi  
**YOGA TEACHER**

### • SKILLS

- Expertise in Yoga Instruction : 3 years of study
- Alignment and Safety : Skill in ensuring proper alignment and safety during yoga practices
- Sequencing and Class Planning : Proficiency in designing well-structured and balanced yoga classes
- Mindfulness and Meditation : Skill in incorporating mindfulness and meditation practices into yoga classes
- Verbal and Non-Verbal Communication : Strong communication skills, to effectively convey instructions, provide feedback, and create a welcoming environment for students
- Adaptability and Modification : Ability to adapt yoga practices and sequences to meet the needs and abilities of individual students.
- Holistic Wellness Knowledge : Knowledge of holistic wellness principles and the ability to integrate them into your teaching

### • LANGAGES

