



### Personal Info

+91 9719812509

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Khadn Kharakmat, Dehradun,  
249204, India

ID Number

670102388891

Nationality

Indian

Date of Birth

03/06/1992

### Skills

- ☐ Yoga Instruction
- ☐ Anatomy Knowledge
- ☐ Physical Fitness
- ☐ Flexibility Training
- ☐ Teaching Experience

### Languages

# Himanshu Rayal

## Yoga Instructor

Experienced Yoga Instructor passionate about helping clients reach their wellness goals. Adept at leading both one on one and group classes in alignment based Hatha, Vinyasa and Restorative Yoga styles.

### Work Experience

Yoga Instructor, T.H.D.C. LTD. (Contract), Rishikesh

January 2018 - December 2021

Yoga Instructor, EISRA AYURVEDIC CLINIC (Contract), Sete Lagoas

September 2022 - February 2024

### Education

M.A YOGA, UTTARAKHAND SANSKRIT UNIVERSITY

March 2019 - March 2020

HIGHSCHOOL, UTTARAKHAND BOARD (HIGHSCHOOL)

2009

UTTARAKHAND BOARD (12)

2012

UTTARAKHAND SANSKRIT UNIVERSITY (B.A)

2016