

# Minkush Pal

Ghaziabad, Uttar Pradesh  
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8218096133

Adapted yoga sessions to suit the unique needs and abilities of participants, promoting accessibility and inclusivity.

## Personal Details

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**Date of Birth:** 2001-08-20  
**Eligible to work in:** India  
**Highest Career Level:** 2-5 years experience  
**Industry:** Medical Therapy, Other  
**Total years of experience:** 4

## Work Experience

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### Yoga Therapist

Home services - Delhi, Delhi  
February 2020 to Present

1. Enthusiastic and dedicated Yoga Therapist with a profound passion for improving the physical and mental well-being of individuals through personalized yoga sessions and holistic approaches. Eager to utilize my extensive knowledge and experience in yoga therapy to help clients achieve balance, harmony, and improved health.
2. Proficient in assessing clients' needs and designing tailored yoga programs to address specific physical, emotional, or mental health concerns.
3. Comprehensive understanding of human anatomy, physiology, and kinesiology as they relate to yoga therapy.
4. Experience in leading group classes, workshops, and private one-on-one sessions.

## Education

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### Master's degree in Yoga

Morarji Desai national institute of yoga - Delhi, Delhi  
October 2021 to July 2023

### Bachelor's degree in Yoga

Shoolini University of Biotechnology and Management Sciences - Solan, Himachal Pradesh  
August 2018 to June 2021

## Skills / IT Skills

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- Organisational skills
- Maintenance
- Communication skills
- Cash handling