



SANATAN

YOGA | MYSTIC MEDITATION | PRANAYAMA | DETOX | HEALING

PERSONAL PROFILE

Responsible, disciplined & committed yoga practitioner. Spiritual Initiation.

CONTACT



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sanatanyogatantra

EDUCATION

Lleida University, Spain
Graduate in Economics, 2002

SKILLS

- communication skills, qualification & empowerment
- Team work experience
- Multiskills: Hatha, Mantra, Therapy, Vinyasa, Pranayama, Kriya, Meditation, Nidra, Philosophy, Shatkarma, Ayurveda
- English, Spanish, Russian fluent

WORK EXPERIENCE

Y+ Shanghai, Full time Yoga/Meditation Instructor

JUN 2016 - JUN 2019

- 12-20 weekly yoga group classes
- weekend yoga retreats
- private yoga classes
- regular yoga workshops

Vikasa Yoga Retreat, Koh Samui (Thailand); Yoga & Meditation Retreats

AUG 2013 - NOV 2015

- Regular group & private classes
- Individual yoga lifestyle programs
- Teacher training course assistant

TRAININGS

- Patanjali Foundation TTC, 200hrs, Rishikesh, 2011
- 10-day Vipassana Retreat 2011 & 2014
- Integral Yoga Training, Bihar School of Yoga, 7 months, 2012 (www.biharyoga.net)
- Vikasa Yoga TTC, 200hrs, Thailand, 2014 (www.vikasayoga.com)
- Ashtanga Vinyasa Mysore, 2 months, Bali, 2016 (www.ashtangayogabali.com)
- Universal Yoga TTC 200hrs, Crimea, 2018 (www.universal-yoga.com)
- Integral Yogic Studies 1, 600hrs, 2020 (www.syae.org)