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Corporate experience

Virtual talk about Yoga for physical and emotional health for Imat Health Center práctica de Yoga
July 2021

Yoga class at Hilton Hotel on the frame of a Wellbeing programme 2018

Yoga class at ICBC Bank, Puerto Madero headquarters 2017

Yoga Nidra practice presentation at ICBC Bank, Puerto Madero headquarters 2014

Yoga Nidra practice presentation at ICBC Bank, Diagonal Norte y
Florida headquarters 2014

Workshop experience

Theory and psychology of Chakras at Prasad Estudio de Yoga, Banfield 2022

Yoga Nidra at Prasad Estudio de Yoga, Banfield 2023

Anxiety management through Yoga 2021- at present

Yogic tools for personal development at Prasad Estudio de Yoga, Banfield 2018

Yogic tools for personal development at Fundación Vida Natural (Charcas 2852 CABA) 2017

Fear management at Talar del Lago 1, Nordelta 2016

English- Spanish oral translations

To Swami Prembhava Saraswati (Sent to Argentina by Bihar School of Yoga) at Living yoga from
moment to moment seminar. Ministro Rivadavia, November 2022

To Sannyasi Satchidananda, lecturer formed at Bihar school of Yoga (India). Fundación Vida
Natural (Charcas 2852), July 2019

To Swami Maitreyi (Representative to Bihar School of Yoga in Southamerica) in Satyananda Yoga Latinoamerican Meeting. Argentina, 2016

Yoga tutoring experience

Satyananda Yoga classes at Prasad Estudio de Yoga
(Rincón 217, Banfield) 2008- at present

Virtual classes, 2020- at present

Yoga classes at Yoga Sadhana Institute (Av Santa Fe y Esmeralda, CABA) 2007-2009

Yoga classes at Casa de Madrid, CABA, 2007-2009

Yoga classes at Centro Integral Morgana (Lomas de Zamora) 2006

Studies

Yogic studies teacher level (Satyananda Yoga Academy, Bogotá, Colombia)
2016

Yogic studies second level (Satyananda Yoga Academy,, Bogotá, Colombia) 2015

Kriya Yoga &Tattwa Shuddhi meditation (Bihar school of Yoga, India) January 2013

Yogic studies (Bihar school of Yoga, India)
Sep 2009- January 2010

Six-month Chakra course with Patricia Vaglio 2008

Degree in Yoga (Universidad del Salvador) 2006-2007

Other studies

English Language:

English course (English Services) 2005

Advanced Certificate of English (Lenguas Vivas) 2004

First Certificate in English 2003
(University of Cambridge)

Preliminary English Test 1999
(University of Cambridge)

