

SASHA

YOGA TEACHER

(individual and group classes, yoga online, yoga retreats)

VINYASA FLOW | HATHA YOGA | SHIVANANDA YOGA | ASHTANGA VINYASA | YOGA FLOW |
YOGA FOR CHILDREN | YOGA VIRTUOSO | YOGA FOR PREGNANT | BREATHING GYMNASTICS |
STRETCHING | YOGA IN HAMMOCKS | BODY BALLET | YOGA REFORMER



WWW.SASHAYOGA.RU/EN

Instagram – sashayoga



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EDUCATION

Higher (specialist)

2007-2013

MGTU «MAMI» (Moscow, Russia)

Qualification – manager-economist

Specialization – economics and management at an enterprise

2008-2012

School of the Russian ballet

(Moscow, Russia)

Specialization – classic dance

1995-2000

School of gymnastics (Chita, Russia)



LANGUAGES

English – intermediate

Portugues - B1



OTHER INTERESTS

Healthy Food

Surfing/Skateboarding

Swimming

Chess

Running

Psychology



WORK EXPERIENCE

Teaching experience – more than 10 years

2022 - present

Sashayoga - individual lessons, group lessons, online lessons (Portugal)

2022

WOT Surf hostel (Ericeira, Portugal)

2017-2022

YogaWorks studio (Moscow)

2015-2017

Dr. Loder fitness club (Moscow)

2014-2016

Yoga Virtuoso (Hikkaduwa, Sri-Lanka)

2014

Lakshmi studio (Moscow, Russia), Shivananda ashram (Kerala, India),

Unilever Rus (Moscow, Russia)

2013

Yeingara center (Moscow, Russia), Body Forming studio (Moscow, Russia)



COURSES AND ADDITIONAL EDUCATION

2022 - 2024 Cursos de Portugues Língua de Acolhimento (PLA)

2021 – Athma yoga studio (Moscow, Russia), advanced yoga course

2019 – Yogaworks Studio (Moscow), Summer school of yoga with Dmitry

Baryshnikov

2017- international Institute of Hatha yoga "Rishikesh YogPeeth" (200 hours)

(Rishikesh, India)

2013 – 2017 - Lyndon Masson Studio, "Yoga Virtuoso" (practice "yoga in

dance") (over 1000 hours) (Hikkaduwa, Sri Lanka)

2016 - Sri Pattabhi Joyce Ashtanga Vinyasa yoga Institute (Practice with

Sharat Joyce) (Mysore, India)

2015 - Sri Pattabhi Joyce Ashtanga Vinyasa yoga Institute (Practice with

Saraswati) (Mysore, India)

2014 - Osho Ashram (Rishikesh, India), dynamic meditation practice

2014 - Sivananda Ashram (Kerala, India), pranayam, Bandh and Kriya

Practice

2013 - Intensive teaching course at "OM SHANTI OM" (Rishikesh, India)

2012, 2014 - Iyengar yoga Center (Moscow, Russia), Methods and practice of

yoga (252 hours)

2009 - 2010 - Autonomous Institute of Barcelona (Zaragoza, Spain), Course

"Culture of Spain"



INTERNATIONAL PROJECTS

2016 - «Ashtanga Yoga» produced by Benoy K. Behl (New Deli, India)

2014 - «Yoga - An Ancient Vision of Life» produced by Benoy K. Behl

(Kerala, New Deli, India)

EUGENE

YOGA TEACHER

HATHA YOGA | ASHTANGA VINYASA |

BREATHING GYMNASTICS | YOGA FLOW



WWW.SASHAYOGA.RU/EN

Instagram – yogmode.on



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EDUCATION

Higher (master's degree)
2014-2016

Moscow state institute of
international relations (Moscow,
Russia)

Qualification – economist
Specialization – economy of the
European Union

Higher (Specialist)
2006-2011

Lomonosov Moscow State
University (Moscow, Russia)
Qualification – manager



WORK EXPERIENCE

Teaching experience – more than 3 years
Personal experience practice – more than 5 years

2021 – present

Sashayoga - individual lessons, group lessons, online lessons (Portugal)

2011 – 2020

Manager and project-manager at different public and private enterprises



COURSES AND ADDITIONAL EDUCATION

2022 - 2024 Cursos de Portugues Língua de Acolhimento (PLA)

2021 – Athma yoga studio (Moscow, Russia), advanced yoga course

2020 – Anaahat Yog (India), 200 hours yoga teachers' course (Yoga Alliance
RYT 200)



LANGUAGES

English – upper intermediate

German - basic

Portugues - B1



OTHER INTERESTS

Healthy Food

Surfing/Snowboarding/Skateboarding

Swimming

Chess

Computer games