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 VIRTUOZO | YOGA FOR PREGNANT | BREATHING GYMNASTICS | STRETCHING | YOGA IN HAMMOCKS | BODY BALLET | YOGA REFORMER



WWW.SASHAYOGA.RU/EN

Instagram – sashayoga





+351 934856401

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)



English – intermediate Portugues - B1



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)

O 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"

MINTERNATIONAL 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

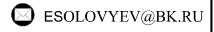
YOGA TEACHER

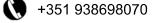
HATHA YOGA | ASHTANGA VINYASA |

BREATHING GYMNASTICS | YOGA FLOW



Instagram - yogmode.on







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)

OLANGUAGES

English – upper intermediate German - basic Portugues - B1

OTHER INTERESTS

Healthy Food Surfing/Snowboarding/Skateboarding Swimming Chess Computer games