

Belousova Sasha

Yoga teacher

Tel: +7 985 7587010

Site: www.sashayoga.ru

E-mail: yosashaga@gmail.com



<p>Working experience</p> <p>2017-2020 2015-2017 2014-2016 2014 2013</p>	<p>Yoga Teaching Experience – 7 Years + Core areas: vinyasa flow, hatha yoga, Sivananda yoga, Ashtanga vinyasa yoga, yoga flow, yoga for children, yoga virtuoso, yoga for pregnant women, breathing exercises, stretching, yoga in hammocks, body ballet, yoga on reformers</p> <p>YogaWorks Studio (Moscow) Fitness club Dr. Loder (Moscow) Yoga Virtuoso (Hikkaduwa, Sri Lanka) Lakshmi Studio (Moscow), Sivananda Ashram (Kerala, India), Unilever Rus (Moscow) Iyengar Center (Moscow), Golden Age Studio (Moscow), Body Forming Studio (Moscow)</p>
<p>Education</p>	<p>Higher education (specialist) 2007-2013 MSTU "MAMI" (Moscow) Qualification - Economist manager Specialty - Economics and Management at the Enterprise</p> <p>2008-2012 School of Russian Ballet (Moscow) Specialization - Classical Dance</p> <p>1995-2000 School of gymnastics (Novosibirsk, Chita)</p>
<p>Languages</p>	<p>English – intermediate</p>
<p>Courses and additional education</p>	<p>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), Methods and practice of yoga (252 hours) 2009 - 2010 - Autonomous Institute of Barcelona (Spain, Zaragoza), Course "Culture of Spain»</p>
<p>International projects</p>	<p>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)</p>
<p>Other</p>	<p>I am keen on healthy food, psychology, swimming, chess, running I am very glad that I am doing what I love, develop and multiply my experience</p>