

# SASHA BELOUSOVA

## YOGA TEACHER


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](http://WWW.SASHAYOGA.RU/EN)

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 [YOSASHAGA@GMAIL.COM](mailto:YOSASHAGA@GMAIL.COM)

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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

### OTHER INTERESTS

Healthy Food  
Surfing/Skateboarding  
Swimming  
Chess  
Running  
Psychology

### WORK EXPERIENCE

#### Teaching experience – more than 9 years

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

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 SOLOVYEV

## YOGA TEACHER

HATHA YOGA | ASHTANGA VINYASA | YOGA FOR MEN |


BREATHING GYMNASTICS | YOGA FLOW



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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 2 years

Personal experience practice – more than 5 years

2020 – till now – Yoga teacher / self-employed

2011 – 2020 Manager and project-manager at different public and private enterprises

## **COURSES AND ADDITIONAL EDUCATION**

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

## **OTHER INTERESTS**

Healthy Food

Surfing/Snowboarding/Skateboarding

Swimming

Chess

Computer games