

EMILY WATSON

YOGA TRAINER

CONTACTS

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SUGGESTIONS

Ulrika Thompson
Head Coach, Ananda Yoga Center
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Yana Sanchez
Yoga student
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ACHIEVEMENTS

Participation and victory in yoga competitions: Participation in yoga competitions allow students to show their skills and techniques in yoga.
Starting Your Own Yoga Studio: Opening your own yoga studio speaks of your willingness to share your knowledge and experience.

ABOUT ME

Yoga trainer, I am highly qualified and experienced in conducting group and individual yoga classes. I am a certified yoga trainer and have experience working with clients of all age groups and fitness levels. Able to create a warm and friendly atmosphere in her classes, where everyone feels comfortable and relaxed. My teaching methodology is based on mindfulness and concentration, and on helping clients develop their strength, flexibility, and balance.

EDUCATION

Certified yoga trainer "Satchidananda Yoga School"
2016-2019

The University of Harmony (master's degree, medical direction)
2010-2016

EXPERIENCE

Ananda Yoga Center
Trainer, 2 years
Working with different levels of training, conducting individual and group classes, developing individual training programs, and participating in the organization of events and retreats.

Yoga Center Awakening
Trainer, 3 years
Conducting individual and group classes, organizing events and retreats, and working with clients of all age groups and fitness levels.

EXTRA SKILLS

Experience working with children and adolescents
Knowledge of anatomy and physiology for more difficult and practical yoga classes. Experience with clients in distribution and distribution areas, including spinal problems and sick diseases.

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