



NATALIA SHIMAROVA

**CERTIFIED YOGA
TEACHER**

Yoga has been an integral part of my life for the past 12 years. What started as a personal practice quickly became a lifelong passion. Teaching yoga fills my heart with pure happiness, and I am thrilled to share my knowledge with all of my students.



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**LANGUAGES
ENGLISH/RUSSIAN**

TEACHING STYLE

**VINYASA POWER & FLOW
HATHA FOR BEGINNER
YIN YOGA
ASHTANGA
STRETCHING
ONLINE YOGA & YOUTUBE**

SKILLS & ATTRIBUTES

**PRACTITIONER OF 12 YEARS
ADVANCE YOGA ABILITIES
AND TECHNIQUES
YTT CERTIFICATE 200 HOURS
PRANAYAMA KNOWLEDGE**

YOGA JOURNEY

**APRIL 2022-PRESENT
FREELANCE YOGA TEACHER,AUSTRALIA**

**2018 - 2022
FREELANCE & FULLTIME YOGA
TEACHER,ODYSSEY MVMT,BALI**

**2011 - 2018
SINCE MY BEGINNING OF LEARNING
AND EMBRACING YOGA PHILOSOPHY, I
HAVE TRAVELLED AROUND THE GLOBE
AND BEEN PRIVILEGED TO LEARN FROM
TEACHERS IN MANY COUNTRIES
INCLUDING INDIA, THAILAND, BALI,
KOREA AND CHINA.
I HAVE ALSO COMPLETED A MASSAGE
COURSE, AND HAVE INTEGRATED THIS
KNOWLEDGE INTO MY WAY OF
TEACHING.
I ALSO ENJOY ORGANIZING YOGA
CHALLENGES ONLINE WITH MY YOGA
FRIENDS.**



ODYSSEY MVMT

Natalia Shimarova

HAS SUCCESSFULLY COMPLETED 200 HR YOGA TEACHER TRAINING

DATE OF COMPLETION: 21/07/2020
day | month | year

TEACHING METHODOLOGY: 30 HOURS
TECHNIQUE: 100 HOURS
ANATOMY & APPLICATION: 20 HOURS
PHILOSOPHY, ETHICS & LIFESTYLE: 30 HOURS
PRACTICUM: 30 HOURS



Erin Kindt
Course Director, ERYT 200 ♦ 285259
Odyssey MVMT YA ♦ 285259