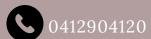


NATALIA SHIMAROVA

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.









LANGUAGES ENGLISH/RUSSIAN

TEACHING STYLE

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

SKILLS & ATTRIBUTES

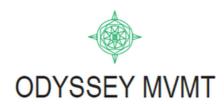
PRACTITIONER OF 12 YEARS ADVANCE YOGA ABILITIES AND TECHNIQUES YTT CERTIFICATE 200 HOURS PRANAYAMA KNOWLEDGE

YOGA JOURNEY

APRIL 2022-PRESENT FREELANCE YOGA TEACHER, AUSTRALIA

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

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.



Natalia Shimarova

HAS SUCCESSFULLY COMPLETED 200 HR YOGA TEACHER TRAINING

DATE OF COMPLETION: 21/07/20 20

day | month | year

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



Course Director, ERYT 200 285259 Odyssey MVMT YA 285259

