

Eduvigis Marmolejos

www.eduvigisyoga.com
yoginie@eduvigisyoga.com

Yoga Alliance ERYT 500
Practicing Yoga on and off the mat and sharing the lessons along the way.

EDUCATION AND CERTIFICATIONS:

Dream Yoga Healing

YOGI CHARU, NEW YORK, NY

January 2021 - March 2021

In-depth exploration of the dream state of consciousness and the astral realm. Exploring soul restoration and healing techniques.

Ashtanga Teacher Training

SCOTT HARIG, PURE YOGA, NEW YORK, NY

100 Hours

May 2019

Learned traditional Ashtanga system by Pattabhi Jois, to facilitate a led Ashtanga class and work with students in a Mysore classroom. Training incorporated traditional Ashtanga knowledge and how to work it into Vinyasa sequencing.

Prana Vidya Meditation

YOGI CHARU, PURE YOGA, NEW YORK, NY

50 Hours

April 2016

Prana Vidya, a healing modality for yogis, is a deep exploration of energy (Prana). In this training, practiced the ability to monitor and channel Prana for healing the physical body, including the organs and the subtle mind

Meditation Level II

YOGI CHARU, PURE YOGA, NEW YORK, NY

100 Hours

August 2015

Built on the foundation of Meditation Level I, with more practical techniques, exploring the psychic, emotional, mental, and spiritual bodies. Introduction to Swara Yoga.

Meditation Level I

YOGI CHARU, PURE YOGA, NEW YORK, NY

100 Hours

June 2015

Classical techniques found in the Hatha Yoga Pradipika, Shiva Samhita, Gerand Samhita and the Bhagavad Gita. Techniques include:

- Kaya Sthairyam: Steadiness of the body, Antar Mouna: Inner Silence, Japa Yoga: Mantra chanting on Malas (beads)
- Yoga Nidra: the art of conscious relaxation, psychic sleeping

The Lifestyle of a Yogi Teacher Training

YOGI CHARU, RISHIKESH, INDIA

200 Hours

April 2015

Focused on Classical Hatha techniques including:

- Sequencing from beginners to advanced practitioners
- Yogic Bandhas and Mudras
- Pranayama
- Meditation, Yoga Nidra: Art of Conscious Relaxation
- Japa Yoga – Chanting Sacred sounds

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Yoga Therapeutics Level I

PURE YOGA, NEW YORK, NY

Yoga as healing therapy

- Restorative and Slow Flow sequencing
- Pranayama: Ratio breath
- Meditation: Mudras, walking meditation, Metta (Loving kindness)

100 Hours
February 2015

200hr Yoga Teacher Training

Kay Kay Clivio and Yogi Charu, *PURE YOGA, NEW YORK, NY*

Philosophy, Asana, Iyengar alignment technique, Teaching Methodology, Vinyasa Sequencing, Adjustments, Pranayama, Meditation and Chanting

200 Hours
May 2014

CPR Certification

New York CPR Training, *NEW YORK, NY*

- CPER AED Program for adults and children - valid through July 2016

July 2014

State University of New York at Stony Brook, Stony Brook, NY

Bachelor of Science in Information Systems

Second Major: Spanish Language and Literature

May 2004

EXPERIENCE:

Private and Group Instruction

ONE YOGA FOR ALL, NEW YORK

Tailor private instruction upon request.

Leading Meditation curriculum and classes for private and group instruction.

Teaching Hatha, Restorative and Vinyasa style classes.

4/2016–Present

Small Group Instruction

ST. PAUL THE APOSTEL CHURCH, NEW YORK

Tailored gentle Hatha and Meditation practice

10/2015–2016

Private Instruction

NEW YORK, MASSACHUSETTS

Develop and tailor Asana and Meditation practices based on clients' goals

3/2015–Present

Corporate Instruction

KAPLAN TEST PREP, NEW YORK, NY

Lead Asana, Pranayama and Meditation classes on ad-hoc basis

9/2014–2015