



Sebastián Cerón

Certified Yoga Teacher & musician

Contact



+57-318-204-3531



sebastianceronyoga@gmail.com



servidayoga.com

Hard Skills

- Computer skills: using operating systems (Windows, Android, MacOS and iOS), emailing, researching online, using social media, using office suite, creating social media graphics and presentations with Canva.
- Technical skills in audio editing software (Adobe Audition, or similar).
- Technical skills in video editing software (Adobe Premiere).

TEACHING EXPERIENCE

YOGA TEACHER OF THE PERSONNEL DEPARTMENT MANIZALES CAMPUS

Universidad Nacional de Colombia | Jun - Oct 2019

Design and implementation of wellness workshops and courses for this department.

PROFESSOR, DIRECTOR, CO-FOUNDER

School Ser Vida de Yoga | Mar 2015 - current

- Yoga teacher trainer.
- Teaching Yoga and meditation.
- Music workshops and sound exploration.
- Teaching practices of Good Living.

YOGA TEACHER

CONFA | Feb 2014 - Dec 2015

Professor in the recreation department for affiliates and beneficiaries of the Compensation Fund.

COMPOSER, SINGER, MUSICIAN, PRODUCER | 2012 - current

Harmonium, keyboards, bowls, ethnic percussion, focusing primarily on composing music from various traditions and genres. The main goal is the use of sound frequencies for healing and the deep understanding of the Self.

Artist Profile: @sebasmusicoyogui

OTHER WORK EXPERIENCE

Woodloch Resort | nov 2022 - feb 2023

Delivery for Housekeeping Department

Deliver a wide variety of items within the resort property Following routes and time schedule Load, unload, prepare, inspect and operate a delivery vehicle.

TRAINING AND STUDIES

STCW Certification | 2019

Avante, Escuela de la Marina Mercante,
Bogotá, Colombia.



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Soft Skills

- Good group management skills.
- Friendly.
- Creative.
- Perceptive.
- Good sense of humor.
- Organized and systematic.
- Positive Attitude.

Languages

- Spanish: Native.
- English: Intermediate.
- Portuguese: B1.

TRAINING AND STUDIES

CERTIFIED YOGA MASTER

International Sivananda Yoga Vedanta Centre
Woodbourne NY, USA. | Jun 2016

I successfully completed the Advanced Training for Sivananda Teachers (ATTC): Philosophy and Psychology of Yoga, Hatha and Raja Yoga.

YOGA SIROMANI, CERTIFIED YOGA TEACHER

International Sivananda Yoga Vedanta Centre
Woodbourne NY, USA. | Jun 2016

- I successfully completed the Yoga Teacher Training (TTC).
- I strengthened my skills in teaching Yoga and meditation, gaining a solid foundation in the Classical Yoga tradition, under the guidance of experienced Swamis and Acharyas.

CERTIFIED YOGA TEACHER IN INTEGRAL YOGA

Escuela Internacional de Yoga Integral
Buenos Aires, Argentina. | Nov 2011

- I successfully completed the Yoga Teacher Training (TTC).

BACHELOR'S DEGREE IN MUSIC

Universidad de Caldas. Facultad de Artes y Humanidades
Manizales, Colombia. | Mar 2009

- Bachelor's degree in Music with an emphasis in percussion.
- I have extensive experience in various musical formats and genres.
- Since 2012, my musical activity has mainly focused on exploring vibration and sound as sources of self-knowledge and personal growth.

VIPASSANA MEDITATION, OLD STUDENT

As taught by S.N. Goenka
in the tradition of Sayagyi U Ba Khin
San Antonio de Pereira, Colombia | Nov 2023

I have successfully completed two (2) 10-day courses in this ancient meditation technique.