

Hello.. I'm

EVELYN

VALENZUELA



Almavibesau@gmail.com



+66935497140

ABOUT ME

I am a certified yoga instructor, massage therapist, and fitness trainer with over five years of experience teaching in Australia and, most recently, at a retreat in Thailand. My expertise includes Hatha, Vinyasa, Ashtanga, Yoga Nidra, Yin, and Restorative Yoga, along with a deep passion for fitness and movement practices.

I thrive in creating holistic wellness experiences that combine yoga, physical training, and relaxation techniques. I value a positive work environment, cultural exchange, and the opportunity to learn and share knowledge.

I bring adaptability, energy, and a commitment to well-being. I would be thrilled to contribute my skills, ensuring each session is engaging, inclusive, and transformative for guests.

EXPERIENCE

Yoga teacher

THE COZY RETREAT, THAILAND

Sept 2024 - till now, Ao nang Thailand

- Hatha, vinyasa, ashtanga, yin, tantra, yoga nidra.

Yoga teacher, massage and beauty therapist

QUALIA SPA HAMILTON ISLAND

January 2022 - arpil 2024, Australia

- Yoga teacher and massage and beauty therapist

Yoga teacher and Massage and beauty therapist

OREILLYS RAINFOREST RETREAT

October 2022 - January 2023, Australia

- Relaxation, remedial, deep tissue and facial treatments. Hatha and vinyasa yoga

Beauty and Massage therapist

ENDOTA, GOLD COAST, QLD

July 2020 - September 2022, Australia

- Relaxation, remedial and deep tissue and facial treatments

Massage and beauty therapist

SPA MANDALA, SANTIAGO, CHILE

April 2018 - December 2018

- Relaxation, remedial, and facial treatments.

EDUCATION AND CERTIFICATION

Multi style yoga teacher 200-hour

- **HIMALAYAN YOG ASHRAM**

July 2024, Rishikesh, India

Reiki level I &II

- **SAMMA KARUNA**

July 2024, koh pangan, Thailand

Certificate III in Fitness

- **ENTREPRENEUR EDUCATION**

November 2020 - June 2021

Dynamic Hatha Yoga teacher 200 hrs

- **MAHATMA YOGA STUDIO & YTT**

June 2018 - October 2018,Chile

Massage and beauty Therapy Course

- **EMBA**

Feb. 2017 - Dec. 2017,Chile

Business Managment

- **IBEROAMERICANA UNIVERSITY**

March 2011- June 2015,Chile

SKILLS

- Hot Stone Massage
- Pregnancy Massage
- Relaxation Massage
- Deep Tissue Massage
- Facial treatments
- Fluent English
- Time Management and Organization
- Ashtanga yoga
- Hatha and vinyasa yoga
- Tantra yoga, yoga nidra
- Yin a restorative yog