



# DANIELA GONZÁLEZ

CERTIFIED TRAINER / CERTIFIED YOGA INSTRUCTOR / UNIVERSITY TEACHER

## ABOUT ME

Self-motivated, empathetic, attentive listener, and animated trainer and teacher looking to expand her experience not just in fitness area but in wellness. Dedicated professional passionate for helping people to transform their everyday life through the power of movement and self-consciousness.

## SKILLS

- Teamwork
- Organizational skills
- Collaboration
- Empathic and effective communication
- Versatility and adaptability

## EXPERIENCE

### INDEPENDENT CONTRACTOR | 2020 – present

Personal Trainer- Yoga Instructor

- Teach and tutor personalized functional training and vital movement classes for all ages. The main focus is not only the optimal development of fundamental movement skills but also specialized and complex skills, so to improve wellness and health or sports performance.
- Plan mid and long-term training programs, according to personal objectives, sports specificities or schedules, and particular health needs.
- Plan and instruct group and private Yoga classes (Rájádhirāja Yoga), considering the actual psychophysical needs of every yogi or yogini.

### UNIVERSIDAD DE BUENOS AIRES | 2013 – present

Lecturer and researcher – JTP Teacher

- Teach undergraduate and graduate courses on Ethnomusicology, Anthropology on Music, and Popular Music Studies.
- Plan, organize, and implement programs and lesson plans based on updated bibliography to enhance intellectual argumentation and critical thinking.
- Develop quality evaluation instruments.
- Publish peer-reviewed articles.
- Evaluate thesis and articles for peer-review journals.

## EDUCATION

### 2023 | Coach in GPT (General Physical Preparation)

Escuela Argentina de Coaches (EAC)

<https://escuelaeac.com.ar/>

Certified

Fitness certification for personal and group instruction of Unconventional Training, High Intensity Interval Training, Kettlebells Training, Bootcamp, Body Weight Training, Endurance and Weightlifting Training.



## LANGUAGES

**Spanish** native

**English** upper intermediate

**Italian** basic

## CONTACT

+54 9 11 5651 8813

danabel.gonzalez@gmail.com

Ciudad Autónoma de Buenos Aires,  
Argentina.

<https://uba.academia.edu/DanielaGonzalez>

### 2023 | **Yoga Instructor**

Ananda Marga Yoga Academy

<https://anandamarga.org/>

Certified

Comprehensive professional training in Yoga: Yoga postures (asanas), meditation and detailed philosophy lessons, following Ananda Marga Yoga Academy's standards and mission.

### 2022 | **Functional trainer**

Escuela Nacional de Entrenadores (ENADE)

Directed by Sergio Parra y Nora Köppel

<https://www.enade.com.ar/>

### 2014-20 | **Ph.D. in Arts History and Theory**

University of Buenos Aires, Faculty of Philosophy and Letters

<http://posgrado.filo.uba.ar/doctorado-en-hyt-de-las-artes>

Dissertation title: "A Reconstruction of Buenos Aires Popular Music Scene between the Late 19th and Early 20th Century".

## EXTRA CERTIFICATION

### 2023 | **First Aid, CPR and AED course**

ACES

[https://www.acesint.org/course/ps\\_urbanos\\_alumno/](https://www.acesint.org/course/ps_urbanos_alumno/)

Certified