



LAURA LAZZARINO

YOGA TEACHER RESUME

PERSONAL DATA

DATE OF BIRTH: 12/31/1970
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MARITAL STATUS: MARRIED
CHILDREN: 2

RELEVANT SKILLS

COMPUTER SCIENCE:
EXCEL/WORD/ADVANCED ACCESS
LANGUAGE: INTERMEDIATE ENGLISH
SELF-MOTIVATION
ADAPTABILITY
HATHA
VINYASA
MEDITATION
THERAPEUTIC YOGA

PROFESSIONAL EXPERIENCE

- * PRIVATE YOGA CLASSES FROM JUNE 2022 TO DATE
- * CURRENT YOGA CLASSES: ANANDA YOGA CENTER / NAPP GYM / CLUB COGLHAN / VIKINGOS
- * TELEFÓNICA ARGENTINA / MOVISTAR WORK PERIOD: AUGUST 1997 TO OCTOBER 2022: CONCILIATIONS MANAGEMENT, REPORTING, SAP
- * DR. CARLOS MURUA MEDICAL CENTER: 1994-1996 COORDINATOR OF PHYSICAL ACTIVITY FOR PATIENTS
- * DR. COMINI CARDIOVASCULAR REHABILITATION CENTER: FROM 1995-1996: GYMNASTICS TEACHER
- * OTHERS: MICRO ENTERPRISE: FROM 1990 TO 1992

ACADEMIC HISTORY

TERTIARY

- * YOGA TEACHER TRAINING (Yoga Alliance) 200 hrs Ganga Yoga School INDIA : (2024)
- * PRE AND POSTNATAL YOGA: ANANDA YOGA SCHOOL OF ORIENTAL STUDIES : (2023)
- YOGA MASTERY: ANANDA YOGA SCHOOL OF ORIENTAL STUDIES : (2022)
- * YOGA THERAPY: ANANDA YOGA SCHOOL OF ORIENTAL STUDIES : (2021)
- * HATHA YOGA TEACHERSHIP : ANANDA YOGA SCHOOL OF ORIENTAL STUDIES : (2020)
- * HEALTH, NUTRITION AND PHYSICAL ACTIVITY INSTRUCTORSHIP (1995)
- * DRA BEAGUIER GYMNASTICS TEACHERSHIP (1992)

UNIVERSITY

BACHELOR'S DEGREE IN NUTRITION (2ND YEAR)