



GEMMA XICOTA

CONTACT

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EDUCATION

May 2024
Certificate : 200 Hours
Ashtanga Vinyasa , Girona

April 2024
Certificate: Anusara Yoga 300 Hours
Anusara School Yoga Online,
Mexico City

January 2020
Certificate : 200 Hours
**Joti Sarovar: Yoga Specialization
For Women**, Chile

November 2019
Level II of Kundalini Yoga
Basanti Kundalini Yoga School,
Santiago De Chile, Chile

July 2018
Certificate: Anusara Yoga Elements
Instructor 200 Hours
Shri Sadhana Center , Arequipa,
Perú

January 2017
Level I Kundalini Yoga: 200 Hours
Anandpur Kundalini Yoga School,
Barcelona, Spain

July 2015

PROFESSIONAL SUMMARY

Passionate and international Yoga Instructor adept at working with as many as 200 students each week across a range of classes. Well-versed in compliance requirements, safety and customer relationship management.

Energetic Trainer with thorough knowledge of diverse strength training programs and group classes. Versed in assessing client fitness levels and safely supporting goals.

Organized and dependable candidate successful at managing multiple priorities with a positive attitude. Willingness to take on added responsibilities to meet employer's goals.

SKILLS

- Meditation Techniques
- Group and individual instruction
- Relationship Building
- Pose Modifications
- Trauma-Informed Teaching
- Yoga Business Acumen
- Injury Prevention Awareness
- Yoga for Seniors Experience
- Mindfulness Meditation Techniques
- Restorative Yoga Techniques
- In-depth Anatomy Understanding
- Yoga Therapy Knowledge
- Yoga Philosophy Knowledge
- Breathing Techniques Mastery
- Advanced Asana Knowledge
- Adaptive lesson planning
- Yin Yoga Practice
- Chakra Balancing Techniques
- Yoga Style Versatility
- Client Assessment Competence
- Sports Conditioning
- Fitness program development
- Class leadership
- Injury Prevention
- Adaptability
- Massage Therapy

WORK HISTORY

April 2021 - Current
Yoga Instructor , **Ballena Alegre Camp** , San Pere Del Pescador

- Enhanced client flexibility by incorporating customized stretching and yoga poses into daily routines.
- Improved students' overall well-being through meditation and mindfulness practices in each class session.
- Cultivated a strong sense of community within the studio by

Certificate

Ashtanga Progressive 200 Hours,
Málaga, Spain

January 2013

Certificate : Integral Yoga

International Federation of Yoga
Argentina, Buenos Aires

LANGUAGES

Spanish



Bilingual or Proficient (C2)

English



Advanced (C1)

organizing workshops, events, and group activities.

- Developed tailored yoga programs for clients with specific health concerns or injuries to ensure safe practice.
- Promoted physical fitness with dynamic sequencing of asanas designed to challenge and inspire students of all levels.

January 2021 - Current

Yoga Instructor, Karma Girona, Girona, Spain

- Enhanced client flexibility by incorporating customized stretching and yoga poses into daily routines.
- Improved students' overall well-being through meditation and mindfulness practices in each class session.
- Cultivated a strong sense of community within the studio by organizing workshops, events, and group activities.
- Developed tailored yoga programs for clients with specific health concerns or injuries to ensure safe practice.
- Collaborated with fellow instructors to organize workshops focusing on advanced techniques or specialized topics such as Hatha, Ashtanga and Visanya yoga or Yin Yoga sessions.
- Elevated clients' mental focus by integrating breathing exercises throughout classes to complement physical movement.
- Reinforced proper alignment principles while guiding students through postures to prevent injury or strain during practice.
- Enriched students' understanding of holistic health by weaving yogic philosophy into lessons alongside practical movement instruction.
- Demonstrated yoga poses and provided verbal cues and adjustments to help students improve alignment and technique.
- Planned and led yoga classes by selecting appropriate poses and sequences to meet abilities of individual students.
- Provided guidance and instruction on breathing techniques, meditation and other elements of yoga practice.
- Explained different yoga styles and poses to students.
- Educated clients on the benefits of a consistent yoga practice for stress reduction, improved flexibility, and overall mental clarity.

March 2019 - Current

Kundalini Yoga Online Teacher, Gemma Xicota Yoga,
Worldwide Online (Remote)

- Fostered strong relationships with students online, showing empathy and providing support to promote their emotional well-being alongside academic yoga practices through the pandemic.
- Adapted quickly to unexpected changes in technology or scheduling while maintaining high-quality instruction for all students involved.

January 2020 - May 2022

Yoga Instructor, Kreative Yoga S.L, Girona, Spain

- Reinforced proper alignment principles while guiding students through postures to prevent injury or strain during practice.
- Enhanced client flexibility by incorporating customized stretching and yoga poses into daily routines.

- Streamlined studio operations, implementing efficient class scheduling and booking systems for client convenience.

January 2021 - February 2022

Yoga Instructor, *Yoga One S.L Spain*, Girona, Spain

- Promoted physical fitness with dynamic sequencing of asanas designed to challenge and inspire students of all levels in Hatha, Ashtanga, Kundalini and Yin Yoga.
- Mentored new instructors, sharing best practices in teaching methods and classroom management techniques.
- Reinforced proper alignment principles while guiding students through postures to prevent injury or strain during practice.
- Enriched students' understanding of holistic health by weaving yogic philosophy into lessons alongside practical movement instruction.

November 2018 - April 2019

Hatha Yoga Instructor, *Errante Ecolodge*, Isla Navarino, Chile

- Enhanced student flexibility by incorporating diverse Hatha Yoga poses and techniques.
- Improved students' overall well-being through personalized attention and adjustments during classes.
- Increased class attendance by creating a welcoming and supportive environment for practitioners of all levels.
- Cultivated strong relationships with clients, leading to high retention rates and positive word-of-mouth referrals.