

Mercedes Cristina Mármol

Hatha vinyasa Yoga Instructor, Hot Yoga Teacher, Pilates Teacher

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Profile

Throughout my career I have worked in different schools, studios and private classes of Pilates and Yoga. Actually I am teaching Hot yoga and Pilates mat in Hot Room Yoga Buenos Aires, Rene Hot Yoga Palomar and Self School.

Skills and competencies

- Teamwork proficiency, flexibility and proactive attitude.
- Good willingness on learning and creative minded.
- Teaching ability.
- Good oral and written communication.
- Good handling of Microsoft Office.
- Languages: Spanish (native). English (fluent). German (basic)

Education

Vinyasa Hatha Yoga Teacher, Escuela Vida Yoga, Córdoba 28-04-2018

Yoga for kids, Yoga Baires, Buenos Aires 25-11-2018

Core40 Yoga: Fitness & Therapeutic Practices, Tony Sanchez ,España 12-12-2022

Other work experiencies

From 1993 to 2017 I have worked as administrative, receptionist, secretary, costumer service in privates companies.

Other courses

CPR,Cruz Roja Argentina 04-02-2023

Gardening & horticulture, Trade school UNC 2016