OMAR ZAMBRAN

YOGA INSTRUCTOR & MASSEUR



35 ABOUT ME

I have a Bachelor's degree in Communication. I am an organized, disciplined and flexible person, with ease and pleasure in dealing with people. I like the teamwork and give my best under any circumstance. I speak Spanish, English and French.

CONTACT:

+52 443 725 56 96

oztraveller10

@ oztraveller10@gmail.com

TRAINING

2024

QI GONG COURSE

Leaded by Anna Savitri Mironova, QiGong and Taichi teacher with 20 years of experience

Duration: 15 hours/April 2024

Arambol, Goa, India

YOGA NIDRA WORKSHOP

Taught by: Doris Troebinger, Bihar School of Yoga

Duration: 10 hours/February 2024/

Gokarna, Karnataka, India

2023

YOGA TEACHER TRAINING (300 HRS.)

Yoga Vidya Mandiram Retreat Center

Duration: 300 hours/August-September 2023/Rishikesh, Uttarakhand, India

THAI YOGA MASSAGE COURSE

Sunshine Massage School

Duration: 60 hours/April 2023/ Chiang Mai, Thailand 2022

HATHA YOGA ADVANCED WORKSHOP

Lakshya Yog Academy

Duration: 21 days/December 2022/ Rishikesh, Uttarakhand, India

YOGA TEACHER TRAINING (200 HRS.)

Nada Yoga School

Duration: 200 hours/November 2022/

Rishikesh, Uttarakhand, India

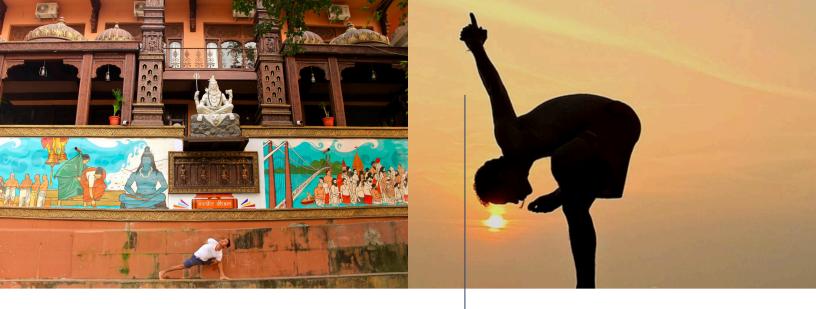
INTENSIVE SWEDISH MASSAGE COURSE

Aurea Center for acupuncture and

integrative therapies

Duration: 10 hours/January 2022/

Morelia, Mich., Mexico



TRAINING

2021

INTENSIVE RELAXING MASSAGE COURSE

Clarity Clinical Spa

Duration: 10 hours/December 2021/

Morelia, Mich., Mexico

BASIC YOGA FUNDAMENTALS WORKSHOP

Taught by: Paul Sandoval 200 RYT Duration: 10 hours/October 2021/

Morelia, Mich., Mexico

2019

VINYASA YOGA WORKSHOP

Taught by: Paula Valerio, from the Argentine Alliance of Yoga Teachers Duration: 2 months/June–July 2019/

Zapopan, Jalisco, Mexico

2016-17

REIKI COURSES DEGREES 1 & 2 USUI SHIKI RYOHO

Energía Vital Universal Center Taught by: Iracema Rodríguez, Reiki master Duration: 36 hours/January 2016 & Jan.

2017/Morelia, Mich., Mexico

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STUDY AND PRACTICE OF HATHA YOGA

Taught by: Master Araceli Galván, Getuls degree by Gran Fraternidad Universal A.C.

Duration: 4 years/From 2010 to 2012 and from 2016 to 2018/Morelia, Mich., Mexico



ONLINE COURSES AND WORKSHOPS

2021-22

MASTER CLASS YOGA: THE SECRETS TO MOTIVATE YOU

Taught by: Ana Paula Domínguez, Director Mexican Yoga Institute Duration: 2 hours / November 2021

YOGA: EMOTIONAL MEDICINE CABINET

Webinar given by Gabriela Zermeño, E-500RTY, member of Yoga International Duration: 2 hours / July 2021

WEBINAR: AWAKEN YOUR INNER GIFTS

Energía Nutritiva Taught by María Montemayor, nutrition coach

Duration: 3 hours/June 2022

WEBINAR: PSYCHO-BODY READING

Taught by Idan Hojman, creator of "The Path of the Body", a body-based learning system Duration 2 hours/May 2022





WORK EXPERIENCE

2023-2024

YOGA INSTRUCTOR AND MASSEUR

Namaste Yoga Farm (German Management) From January to March 2023 From December to March 2024 Gokarna, Karnataka, India

2022

HOLISTIC HOST* (YOGA & MASSAGES)

Playa Viva, Ixtapa-Eco Luxury Boutique Hotel

*MASTER CLASS & YOGA RETREATS

Assistance and practice with:

David Moreno, Stacey Shea, Durga Steff, Salila Thuy, Naya Rappaport, Crystal Bricker, Pete Guinosso among other experienced yoga teachers.

From January 27 to April 26, 2022 Juluchuca, Guerrero, Mexico

YOGA INSTRUCTOR

Fit Zone Gym & Fitness

In-person hatha yoga classes From June to September 2022 Morelia, Mich., Mexico



2020-22

YOGA INSTRUCTOR

Casa Medina

In-person classes From August 2021 to January 2022 Morelia, Mich., Mexico

ONLINE CLASSES

Hatha and vinyasa yoga group sessions

Via Zoom and Google Met From February 2020 to August 2022

PRIVATE FACE-TO-FACE CLASSES

Personalized sessions by objectives and support for rehabilitation

From February 2021 to May 2022

HATHA YOGA COURSE FOR OLDER ADULTS

Taught at the Marist University Valladolid

From February 17 to April 4, 2020 Morelia, Mich., México

