

OMAR ZAMBRANO

YOGA INSTRUCTOR
& MASSEUR



ॐ 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:

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oztraveller10

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TRAINING

2024

QI GONG COURSE

Led 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 RYOH

Energía Vital Universal Center
Taught by: Iracema Rodríguez, Reiki master
Duration: 36 hours/January 2016 & Jan.
2017/Morelia, Mich., Mexico

2012

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 Guinasso 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

