



# LAURA LAZZARINO

## YOGA TEACHER RESUME

### PERSONAL DATA

DATE OF BIRTH: 12/31/1970  
DNI: 21.795.513  
ADDRESS: ROOSEVELT 2707 14 B. CABA  
EMAIL: DANDAYOGACLASES@GMAIL.COM  
CONTACT PHONE: 54 11 (15) 5050 6509  
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)