

IRENE EGIDO ESCRIBANO

Massage therapist & yoga teacher

PROFILE

With 9 years of experience and training in the field of holistic therapies, I offer unique, personalized therapeutic massages to relax the body, harmonize the energy and clear the mind. With the same purpose I also do guided meditations and yoga sequences, creating my own style based in the knowledge of different approaches like Hatha, Iyengar, yin yoga and Ashtanga.



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EDUCATION AND KNOWLEDGE

- **Therapeutic and sports massage (Swedish)**, at ISE Holistico, Madrid. 2022/2023
- **Kinesiology** with Shensara Health. 2021
- **Hawaiian Lomi Lomi Nui** massage with The Art of Touch in Malta. 2020
- **Professional naturopathy** at the IEN El Vergel, Instituto de Estudios Naturales in Madrid. Promotion 2016/2018
- **Craneosacral Biodynamics**, at Casa Taller Saluz, Vitoria. 2017
- **Reflexology** at IEN El Vergel, Madrid. 2017

- **Yoga Teacher Training 200h** with Rishikul Yogshala in Varkala (Kerala), India. 2018
- **Yoga Teacher Training 300h** with Himalayan Yoga Center in Dharamkot, India. 2018
- **Meditación, mindfulness & yoga Nidra** with Yoga Essence in Rishikesh, India. 2018

EXPERIENCE

MESSAGE THERAPIST AND YOGA TEACHER

- Centro Lúa, Madrid (España) 2014/2018
- Stress Free Center, Victoria, Gozo (Malta) 2020/2022
- Samudra Retreats Gozo (Malta) 2020/2022
- Amchara Health Retreats, Gozo (Malta) 2020/2022
- Shakta masaje, Madrid (España) 2023
- Suryalila Retreat Center, Cádiz (España) 2023/2024