



Tai Chi Chuan - Chi Kung - Dao Yin Yoga

Karina VIDAL

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External Martial Arts

Kung fu (9 years).

Master Santiago Favaro - PA KUA INTERNATIONAL SCHOOL

Master José de Marco - RED DRAGON ASSOCIATION

Master Maximiliano Mazzitelli - WHITE LOTO INSTITUTE

- Seminar given by Grand Master Sun De Yao of MANTIS KUNG FU - RED DRAGON ASSOCIATION

- Seminar given by Master José de Marco on DOU GOU, QI XING TANG LANG (MANTIS KUNG FU) form - RED DRAGON ASSOCIATION

- Seminar given by Master José de Marco on Personal Defense, Set Techniques, Pair Techniques and ER LIU LUO HAN QUAN - RED DRAGON ASSOCIATION

Internal Martial Arts

Tai Chi instructor (18 years)

Styles: Yang - Sun - Xing Yi Quan- Bagua

Master Cristina Yi - SOUTHERN DRAGON TAI CHI SCHOOL (Yang style - currently).

Master Daniel Fresno - FRESNO FOREST (Xin Yi - Bagua currently).

Teachers Francisco Clemares and Fabio Loverso - MA TSUN KUEN SCHOOL.

Master Maximiliano Mazzitelli - WHITE LOTO INSTITUTE.

Master Aníbal Tokashiki.

Master José de Marco - RED DRAGON ASSOCIATION.

Master Santiago Favaro/Florencia Favaro - PA KUA INTERNATIONAL SCHOOL.

Workshop taught by Masters Francisco Clemares and Fabio Lovero on basic levers in TAI CHI - MA TSUN KUEN SCHOOL.

Workshop taught by Masters Francisco Clemares and Fabio Lovero on levers applied to the 24 Yang style form - MA TSUN KUEN SCHOOL.

NEI GONG workshop, exercises for the development of internal strength of the Traditional Yang style of Tai chi Chuan, taught by Instructor Hernán Del Puerto - MA TSUN KUEN SCHOOL.

Qigong instructor (18 years old).

Master Maximiliano Mazzitelli - WHITE LOTO INSTITUTE

Master Aníbal Tokashiki.

Master Santiago Favaro - PA KUA INTERNATIONAL SCHOOL

Course taught by Master Maximiliano Mazzitelli of DA YAN QI GONG - INSTITUTO LOTO BLANCO

Instructora de Qigong (18 años).

Maestro Maximiliano Mazzitelli - INSTITUTO LOTO BLANCO

Maestro Aníbal Tokashiki.

Maestro Santiago Favaro - ESCUELA PA KUA INTERNACIONAL

Curso dictado por el Maestro Maximiliano Mazzitelli de DA YAN QI GONG - INSTITUTO LOTO BLANCO

Meditation

Maestro Aníbal Tokashiki.

Yoga

Yoga Instructor (Dao Yin System - Chinese) (18 years old). Within the QiGong and Tai Chi system.

Master Santiago Favaro/Florencia Favaro - PA KUA INTERNATIONAL SCHOOL

Therapist in Cleansing and reprogramming of Cellular Memory (Goncalves method).

Professional experience

Tai Chi - QiGong - Meditation Classes

AMPF - Mutual Family Protection Association - C.A.B.A.
Multispace Vah - Villa Bosch
Online Qi Gong Classes
Online and in-person meditation meetings tutorials
VITALES day center - San Martín
Cartagena Space - Caseros
La Carpita - Cultural and Sports Promotion Society - Villa Libertad
Homeowner Promotion Society - Homeowners
Bartolomé Mitre Library - Caseros
Lions Club - Villa Bosch

Memory classes and cognitive activities for older people

Centro de día VITALES - San Martín

Instagram: @respirando.ar

Education

National Professor of Engraving and Drawing, National School of Fine Arts
Prilidiano Pueyrredón (Argentina) Average 9.41/10

ART THERAPY Instructor, Certified by UBA (University of Buenos Aires) and
ISSO (Institute of Occupational Safety and Health)

TAI CHI CHUAN and CHI KUNG Instructor

Yoga Dao Yin Instructor

Therapist in CELLULAR MEMORY CLEANING AND REPROGRAMMING
(Goncalves method).

Languages

English

Intermediate

Italian

Intermediate

Portuguese

Essential