



MARIAM BIN HAMMAD

Yoga Teacher | Art Therapy Facilitator

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Mariam is a multidisciplinary wellness facilitator specializing in the integration of yoga, somatic movement, pranayama, meditation, and art therapy. She designs immersive experiences that guide participants to explore and embody their emotions, cultivate self-awareness, and reconnect with their inner landscapes through movement and creativity. Her approach emphasizes visual sensing, intuitive expression, and embodiment, offering a holistic path to mind-body balance.

By combining structured yoga practices with somatic art exercises, Mariam creates experiences where the body and mind are equally engaged. Participants are invited to explore sensations, emotions, and thoughts through movement, breath, and creative expression, allowing insights to arise organically. This approach encourages mindfulness, emotional release, and a deeper connection to one's authentic self, fostering both relaxation and creative confidence.

HOW WE CAN COLLABORATE

Somatic & Restorative Yoga Classes

Hatha, Yin, and gentle movement sessions
integrating breathwork and meditation

Art Therapy & Creative Exploration

Guided exercises in drawing, painting, journaling, and
mixed media for emotional insight and self-expression

Embodiment & Creativity Sessions

Combined yoga, somatic movement, and art experiences
for individuals, groups, or corporate wellness programs

Customized Wellness Programs

Curated immersive experiences for relaxation, creative
growth, and emotional wellbeing



CREDENTIALS

200-Hour Yoga Teacher Training (YTT)

Karma Yoga Institute, December 2025

Key Modules: Alignment, Anatomy, Pranayama, Teaching Methodology

Certified Holistic Integrated Creative Arts Therapy Practitioner

The Holistic Academy 2026

Key Modules: Art Therapy Principles, Practical Application, Institutional Arts Therapy, Community Mental Health, Emotional Expression Techniques, Symbol Interpretation, Working with Children