



ALEJANDRA SANCHEZ

BREATHWORK AND MEDITATION PRACTITIONER

☎ 0450945508

✉ alejandrasanchezga1@gmail.com

📍 Port Melbourne, VIC

About

I am a qualified dentist turned breathwork and meditation practitioner with a passion in the wellness space.

Skilled in leading group sessions that build community, reduce stress, and inspire personal growth

Education

Flow Institute Australia
Breathwork Instructor

Happy Melon Studios
Meditation teacher course

National University of Colombia
Bachelor of Dental Surgery

Skills

- Group Facilitation
- Wellness & Stress Management
- Workplace Programming

Languages

English
Spanish

Work Experience

Breathwork and Meditation Facilitator

2026 – present

Beacon Cove Dental & Dental House Group

- Guided group breathflow sessions to reduce anxiety and promote calm
- Supported relaxation and reconnection with breath and body
- Adapted sessions to individual needs

Meditation Facilitator

2025– present

Dental House Group

- Guided individuals and groups through various meditation techniques including mindfulness and visualisation.
- Created and delivered customised sessions based on client needs, goals, and experience levels, from beginner to advanced practitioners.

References

Daniel Cerny
Mindfulness leader–Happy Melon
+123-456-7890
info@wellnesswithdaniel.com.au

Terence Cheong
Dental House Owner
0402173661
terence_clive@live.com

Expression of interest for the role of a breathwork and meditation practitioner at the Culture Vitale

During my years as a hospital dentist I realised the profound effect of stress on the body and mind. This is what led me to pursue further education in meditation and wellness.

After obtaining my qualification as a breathwork and meditation practitioner I have led multiple group sessions for a local dental group. My passion for this has only grown since then and I am keen to funnel this into a role with a broader group at the Culture Vitale.

I am well versed in Guided meditation, semi-guided meditation, Yoga-nidra and breathwork. My sessions can be tailored to a multitude of clientele and to all levels of experience.

What you'll get is a dedicated teacher fully focused on creating experiences that reflect Culture Vitale prestige and ethos. I am big on community and will strive to build a safe space for the workers to thrive.

My sessions will be guided to create immersive experiences that blend creativity, mindfulness, and collaboration designed to reconnect teams, and deepen client relationships.

Regards

Alejandra Sanchez