



Virginie Albar
Hatha Yoga

300 avenue Foch
78670 Villennes-sur-Seine
France

virginie@monsoonyoga.fr
www.monsoonyoga.fr
+33 611016654

Summary

With 12 years of practice, trained and certified in India at the oldest **Hatha Yoga** institute in the world, I have completed over 1,135 hours of training and am delighted to share therapeutic yoga that is accessible to all, allowing each student to develop their personal qualities and abilities.

My classes are suitable for all levels and age groups and aim to reduce stress, anxiety, insomnia and back pain, as well as improve concentration and well-being.

Education

THE YOGA INSTITUTE - MUMBAI - INDIA

Certificate: **Advanced Teacher (900h)** July 23

Certificate: Yoga Teacher (200h) Sept. 22

Certificate: 21 days better living (35h) July 22

MINDFULNESS PROGRAMS MBSR & MSC

MSC Program: 8 weeks, 35h, Mar/May 2024

MBSR program: 8 weeks, 35h, Jan/mar. 2020

ECOLE INTERNATIONALE DU SPA

Certification in wellness massages and seated Amma massage. March 2025

CELSA Sorbonne Université

MASTER 2 Corporate and Institutional Communication. *With Honours*

Experience

Since September 2022

HATHA YOGA -YOGA NIDRA - AQUA YOGA INSTRUCTOR | France-UK

- Courses design and facilitation
- Adapting classes to all levels and needs
- Teaching different techniques
- Supporting students in their practice and progress
- Practical advices based on **Yoga therapy** (The 4 pillars of well-being in Yoga)
- Leading of **mindfulness meditation** classes
- Organising themed **workshops** (France-UK)
- Organising **masterclasses** with an Indian Yoga master (France)
- Organisation of **retreats** (France, Sri Lanka, India)

Since September 2023

Creation of MONSOON YOGA - SIREN 477964704 Freelance status

DEVELOPMENT OF CORPORATE COURSES

- **Corporate instructor** for various clients: seminars, corporate wellness workshops.
- **Conferences and corporate speaker:** Yoga philosophy, **Nutrition**, the Yoga Sutras, Stress management, 21 days for better living...

Skills and Competencies

Group and private classes. **Classes in English.** Chair Yoga. Online classes. Mindfulness meditation. Personalised wellness programmes. Therapeutic practices. Nutrition. Anatomy and physiology. Stress management. Mental health. Teacher training. English C1 - Communication - Attentiveness - Interpersonal skills - Punctuality - Kindness - Patience - Discretion - Gentleness - Humour - Respect.