

Edna Rodriguez

Yoga & Meditation Teacher · Wellness Coach · Sound Healer

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www.1moment2breathe.com

Gold Coast, QLD · Australian Citizen



PROFILE

Passionate and experienced wellness practitioner with a multi-disciplinary approach spanning meditation, Hatha and Tantra yoga, breathwork, sound healing, and trauma-informed coaching. With certifications from India, Indonesia, and Australia, and a background in both clinical research and corporate environments, I bring a rare combination of scientific grounding, professional structure, and genuine spiritual depth to my teaching and coaching practice. Equally at home leading a group yoga class, running a corporate wellness workshop, or holding one-on-one transformational coaching sessions.

MODALITIES & EXPERTISE

- Effortless / Guided Meditation
- Visualisation & Question-Answer Meditation
- Hatha Yoga (200hr certified)
- Tantra Yoga (50hr certified)
- Pranayama & Breathwork
- Sound Healing (Level 1–3 certified)
- Chakra & Energy Work
- Trauma-Informed Coaching
- Root Cause Therapy & Limiting Belief Work
- Corporate Wellness Programs
- Group Classes & Private Sessions
- Mindfulness & Stress Management

EXPERIENCE

Fitness Centre / Wellness Studio

2025 – Present

Yoga Teacher (Employed) · Gold Coast, QLD

Permanent position delivering regular group Yoga classes within a fitness and wellness centre environment.

- Teach Hatha and Restorative yoga group classes and workshops, guiding students through asana, pranayama, and energetic awareness practices.
- Designed and delivered weekly group meditation sessions drawing on Effortless Meditation, breathwork, and visualisation techniques.
- Built a consistent, returning student community through a warm, approachable teaching style and personalised attention.
- Adapted session content to cater to beginners and experienced practitioners alike, maintaining an inclusive and welcoming environment.
- Collaborated with the centre's management and other fitness instructors to support integrated wellness programming.
- Managed class scheduling, student communications, and session materials professionally and independently.

1Moment2Breathe

Jan 2024 – Present

Founder & Holistic Wellness Coach · Gold Coast / Sydney, Australia · www.1moment2breathe.com

Founded and operate an independent wellness coaching and meditation practice offering individual coaching, group programs, and corporate wellness services.

- Design and deliver trauma-informed coaching programs integrating root cause therapy, limiting belief work, and somatic practices.
- Facilitate corporate wellness workshops for teams and organisations, focusing on stress reduction, resilience, and mindfulness in the workplace.

- Offer private meditation, breathwork, and sound healing sessions, supporting clients through personal transformation and emotional well-being.
- Developed and manage all business operations: brand strategy, digital marketing, content creation, client acquisition, and financial planning.
- Built a loyal client community through genuine relationship-building, referrals, and a reputation for personalised, heartfelt support.
- Operate the brand's online presence and social media platforms, creating content that educates and inspires a growing audience.

Workshops & Private Sessions

August 2022 – Present

Meditation Teacher & Sound Healer · Australia & International

Facilitating meditation and sound healing experiences for individuals, groups, and corporate clients across Australia and in international retreat settings.

- Specialise in Effortless Meditation, visualisation, and question-answer meditation — adapted for diverse audiences from beginners to advanced practitioners.
- Deliver sound healing sessions using instruments and vibrational techniques (Levels 1–3 certified), supporting deep relaxation and nervous system regulation.
- Facilitate breathwork journeys combining multiple pranayama techniques to support emotional release, focus, and inner stillness.
- Contribute to wellness day retreats and workshops as a facilitating teacher, collaborating with other practitioners to create immersive, transformational programs.

Freelance & Outdoor settings

April 2024 – Present

Yoga Teacher · Gold Coast, QLD

Teaching Hatha and Tantra yoga in group and private settings, integrating breathwork and chakra work into a holistic mind-body practice.

- Teach Hatha and Tantra yoga group classes and workshops.
- Integrate Kapalabhati, Bhastrika, and Nadi Shodhana breathwork techniques to deepen physical and energetic practice.
- Deliver private yoga sessions tailored to individual students' goals, limitations, and experience levels.
- Create a safe, grounded, and empowering classroom environment, especially for students new to yoga or managing physical challenges.
- Continuously develop curriculum and teaching approach based on student feedback and evolving wellness research.

CERTIFICATIONS & TRAINING

Master Sound Healing Training L1–3 Rama Space, India 2024	200hr Hatha Yoga Teacher Training Nirvana Yoga School, India 2024	50hr Tantra Yoga Teacher Training Aylan Yoga School, Indonesia 2024
Trauma-Informed Coach Certification The Centre for Healing, Australia 2024	200hr Teaching Certificate in Guided Effortless Meditation Centered Meditation, Sydney 2022	Master of Project Management Universidad Interamericana, Panama 2012

Australian Citizen · Available for Classes, Workshops & Ongoing Contracts · References Available Upon Request