

MARINE CHARLOTTE

ABOUT

Hello,

I'm Marine, originally from France. Since 2019, I became a yoga teacher. I hold space through singing & music. I specialise in sound frequency, sacred music.

I've been introduced to yoga during my university exchange in China.

Back in France, one of my teachers helped my understanding of body awareness, breathing and energy channelling.

I studied different fields ; hatha yoga & expanded to synergy, Iyengar, tantra, sound healing.

I trained in Hatha yoga in Nepal, at Shivalaya Ashram, Yoga alliance certified 200H. I graduated in Tantra studies 200H/300H with School of Yoga Institute from United States.

Continuing education in Anatomy & yoga Nidra.

Powerful experiences related to the physical body, such as releasing traumas, allowed me to measure how yoga benefits the spirit – a path to healing.

I integrate body awareness (hatha), breathing (pranayama), music (sound healing) and mindfulness as part of the teaching.

Balancing the body, mind & soul to surrender.
Opening the heart and one's intuition.
Integrating the mind as a tool of knowledge and strength.

Singing has been my gift that allows my true inner voice to manifest.

To sing is to let your soul express itself.

A self-development journey alongside with different masters has created a space of transmission.

I've been leading 200H yoga teacher training.

I accompany you on training, retreats, ceremonies, concert, soundbath, classes, one on one, online.

www.marinecharlotte.com
marinecharlottetoyoga@gmail.com
+33646572477

