



# Maria

## SEVILLA

### MEDITATION TEACHER

### EDUCATION

#### B.ED IN PRIMARY EDUCATION & M.A. IN BILINGUAL EDUCATION

La Laguna & Francisco de Vitoria, Universities

2014 - 2020

#### MEDITATION CLASSES & VIPASSANA RETREAT

Lanzarote & Wat Pa Tam Wua, Thailand

2022 - 2024

#### MEDITATION, YOGA NIDRA & SOUND HEALING TEACHER

Yoga Essence Rishikesh

An immersive journey into deep yogic states of consciousness, emotional anatomy, and holding space for collective healing through vibration, stillness, and sound

July and August 2024

### EXPERIENCE

#### PRIVATE HEALING WORKSHOPS | 2024- Present

Since completing my training in 2024, I've guided private group sessions focused on emotional alchemy through meditation, Yoga Nidra, somatic awareness, and creative release (movement, painting, music). My sessions are trauma-aware, deeply intuitive, and designed to reconnect participants with the wisdom of their body and the clarity of their inner being.

#### SCHOOL OF UNIFIED HEALING, UBUD | 2025 - Present

I facilitate weekly group sessions integrating Osho-inspired techniques, breathwork, somatic release, and guided self-inquiry. My focus is on creating sacred, safe spaces where participants can gently meet repressed emotions, experience catharsis, and reconnect with their essence through movement, silence, and artistic flow.

### ABOUT ME


I am a dedicated practitioner and guide of meditation, Yoga Nidra, and sound healing - rooted in deep emotional presence and conscious embodiment.


My path has taken me through layers of emotional release, somatic exploration, and creative expression as sacred gateways to reconnect with the Self.

I am most alive when I hold space for others to slow down, feel, and remember who they are - beyond roles, patterns, or trauma.

I resonate deeply with spaces that honor stillness, inner truth, and awakening through presence

### CONTACT

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 LISBON

### LANGUAGES

- English
- Spanish