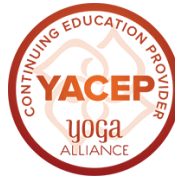


# Eduvigis Marmolejos

*www.eduvigisyoga.com  
yoginie@eduvigisyoga.com*

*Practicing body, mind and heart Yoga, on and off the mat and  
sharing the lessons along the way.*



## EDUCATION AND CERTIFICATIONS:

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### **Ashtanga Teacher Training**

*SCOTT HARIG, PURE YOGA, NEW YORK, NY*

Learning traditional Ashtanga system and Vinyasa Yoga, to facilitate a led Ashtanga class and work with students in a Mysore classroom. Training incorporates traditional Ashtanga knowledge and how to work it into Vinyasa sequencing.

**100 Hours**  
*In progress*

### **Prana Vidya Meditation**

*YOGI CHARU, PURE YOGA, NEW YORK, NY*

Prana Vidya, a healing modality for yogis, is a deep exploration of energy (prana). In this training, practiced the ability to monitor and channel prana for healing the physical body, including the organs and the subtle mind

**50 Hours**  
*April 2016*

### **Meditation Level II**

*YOGI CHARU, PURE YOGA, NEW YORK, NY*

Built on the foundation of Meditation Level I, with more practical techniques, exploring the psychic, emotional, mental, and spiritual bodies. Practiced Swara Yoga.

**100 Hours**  
*August 2015*

### **Meditation Level I**

*YOGI CHARU, PURE YOGA, NEW YORK, NY*

Classical techniques found in the Hatha Yoga Pradipika, Shiva Samhita, Gerand Samhita and the Bhagavad Gita. Techniques include:

- Kaya Sthairyam: Steadiness of the body, Antar Mouna: Inner Silence, Japa Yoga: Mantra chanting on Malas (beads)
- Yoga Nidra: the art of conscious relaxation, psychic sleeping

**100 Hours**  
*June 2015*

### **The Lifestyle of a Yogi Teacher Training**

*YOGI CHARU, RISHIKESH, INDIA*

Focused on Classical Hatha techniques including:

- Sequencing from beginners to advanced practitioners and hands on adjustments
- Yogic Bandhas and Mudras
- Pranayama
- Meditation, Seated as well as Yoga Nidra: Art of Conscious Relaxation
- Japa Yoga – Chanting Sacred sounds

**200 Hours**  
*April 2015*

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**Yoga Therapeutics Level I**

*PURE YOGA, NEW YORK, NY*

Yoga as healing therapy

- Restorative and Slow Flow sequencing
- Pranayama: Ratio breath
- Meditation: Mudras, walking meditation, Metta (Loving kindness)

**100 Hours**  
*February 2015*

**CPR Certification**

New York CPR Training, *NEW YORK, NY*

- CPER AED Program for adults and children - valid through July 2016

*July 2014*

**200hr Yoga Teacher Training**

Kay Kay Clivio and Yogi Charu, *PURE YOGA, NEW YORK, NY*

Philosophy, Asana, Iyengar alignment technique, Teaching Methodology, Vinyasa Sequencing, Adjustments, Pranayama, Meditation and Chanting

**200 Hours**  
*May 2014*

**State University of New York at Stony Brook, Stony Brook, NY**

**Bachelor of Science in Information Systems**

Second Major: Spanish Language and Literature

**May 2004**

**EXPERIENCE:**

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**Private and Group Instruction**

*ONE YOGA FOR ALL, BRONX, NY*

Tailor private instruction upon request.

Leading Meditation curriculum and classes for private and group instruction.

Teaching Hatha, Restorative and Vinyasa style group classes.

*4/2016–Present*

**Small Group Instruction**

*ST. PAUL THE APOSTEL CHURCH, NEW YORK, NY*

Tailored gentle Hatha and Meditation practice

*10/2015–2016*

**Private Instruction**

*NEW YORK & MASSACHUSETTS*

Develop and tailor Asana and Meditation practices based on clients' goals

*3/2015–2017*

**Corporate Instruction**

*KAPLAN TEST PREP, NEW YORK, NY*

Lead Asana, Pranayama and Meditation classes on ad-hoc basis

*9/2014–2015*