



EDUCATION

2012-2013 CALIFORNIE

Ayurvedic Practitioner and
Yoga Therapist

2014 CALIFORNIE

Bhakti Vinyasa teacher
training (200 Hours)

2018 CALIFORNIE

Ayurvedic Yoga Therapy
teacher training (200 Hours)

2020 MIAMI

Chair Yoga for Seniors (60Hours)

2022 MIAMI

Yoga teacher training for anxiety (25 hours)

OTHER SKILLS

- Yoga for beginners
- Yoga for Golfers
- Chair Yoga for Seniors
- Anatomy Knowledge
- Pose Modifications
- Personalized Yoga Programs
- Yoga Retreats
- Continuing Education

ABOUT MYSELF

Anne was introduced to yoga in 2007. It immediately struck a physical chord with her, and only after a few courses, it blossomed into a powerful and profound envie to share the benefits of a regular yoga practice.

Over the years, Yoga and Meditation have been a continual source of renewal and personal growth for her and her practice has become a vital part of her life.

Anne's focus is on detoxification of the mind and body using the breath to remove any blockages. Anne encourages her students to listen to their own bodies via the development of acceptance.

WORK EXPERIENCE

Trump International Golf Resort, Miami FL

- Designed and implemented yoga programs that catered to the specific needs and goals of each client, including individual and groups of all ages and levels. A very specific yoga for golfers aiming for good mobility in the hips as well as in the muscles of the spine

Pritikin Longevity & Weight loss Center, Miami FL

- Personalized yoga classes and programs for guests with specific health issues such as overweight, back, knee or hip pain, high blood pressure, anxiety and more...

St Regis hotel & Spa, Ritz Carlton hotel, Miami FL

- Cours collectifs de yoga et de pilates sur tapis pour les clients de l'hôtel

CONTACT

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