

CAMILLA DI MAIOLO

HATHA FLOW | CLASSICAL HATHA | KID'S YOGA

Profoundly inspired by my teachers, experiences and travels in India, my own classes are intuitive and aim to speak to the individual. Guided by the postures, the breathing exercises and the mental and physical relaxation, my students rediscover the connection between body and mind. My intention is to inspire people to integrate the principles of yoga into their everyday lives.



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TRAININGS

- 200 hour Hatha yoga Teacher Training Course, International Sivananda Vedanta Center, Madurai, India, 2007
- Certificate in Ayurveda, Panchakarma and Yoga, Kerala Ayurvedic Study Center, Goa, India 2008-2009
- Training in Ayur-Balance massage with Chetan Baghel, Rasovai Massage School, Goa, India, 2010
- Yoga Alliance UK training in pré et post-natal yoga with Jane Makerness, 2012
- Kid's yoga teacher training with Rainbow Kids, Paris October 2013
- Numerous Acroyoga workshops.

EXPERIENCE

2007-THE GLASS ROOM YOGA KULA,
RISHIKESH, INDIA

Hatha Yoga classes for adults.

2007-CALCUTTA, INDIA

Private adult yoga classes.

2007-2009, SAMSARA RESORT,
ARAMBOL, GOA, INDIA

Group adult yoga classes for a variety of levels.

2010-2013-MANDALA YOGA CENTRE,
NIMES, FRANCE.

Group adult yoga classes and third age classes.

2012-PRESENT

Yoga sessions for children of 2 to 6 years in the crèches and infant schools of Provence.

2013-1014-LE SALON DE MUSIQUE,
SAINT MARTIN-DE-CRAU, FRANCE.

Adult Hatha yoga classes.

2010-PRESENT-ASSO. PRANAVA YOGA,
Raphèle-les-Arles, FRANCE

Adult classical Hatha yoga classes and Hatha Flow classes.