



MARTINA SAORIN

YOGA TEACHER – REIKI MASTER PRACTITIONER – SOUND THERAPIST

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Passionate yoga teacher with over 7+ years of professional experience in designing and leading Hatha flow, Yin and Restorative yoga classes (groups/privates) and fully qualified Sound Therapist and Reiki Master Practitioner.

Teaching yoga sessions focusing on alignment and breathing, working both on body and mind. Teaching Yin yoga with a strong reference to TCM (Traditional Chinese Medicine) and Meridians, Restorative postures with attention on relieving stress and restoring balance in the physical, emotional and mental body.

Running her own workshops and retreats combining Sound healing and Yoga in different studios in London and abroad.

TRAINING & CERTIFICATIONS

May 2014 -- Reiki Master Level qualification, London

October 2014 -- 200hr YTT Akhanda Yoga (Hatha, Raja Yoga- holistic approach to Yoga), Rishikesh (India)

July 2015 – 9 days Gong Master Training (Poland)

March 2017 -- Yin YTT 30hr, Yoga Campus, Norman Blair- London

September 2017 – First Aid certificate, Siren training, London

January 2018- November 2018 -- Yin and Meridians, 50hr, Norman Blair - London

July 2018 -- Advanced Yin, 30hr Sarah Lo - London

Oct/Dec 2018 -- Restorative YTT, 33hr, Anna Ashby, triyoga - London

April 2018- April 2020 BAST (British Academy of Sound Therapy) Sound therapy Practitioner diploma course, University of Chichester, UK

EDUCATION

2002 - 2006

BA Media and Communication Studies Anthropology, Sociology, Linguistic, Foreign Languages

(English, Spanish, German) - University of Ferrara, Italy

January 2007 - May 2008

ESOL Advance level Certificate English Language Westminster Kingsway College

2009 - 2011
NVQ LEVEL 2 Team leading
Business, managing skills, team leading Hawk management (UK) Ltd

SKILLS & COMPETENCES

- Versatility
- Adaptability
- Reliability
- Creative
- Inquisitive
- Compassionate
- Knowledgeable
- Mentoring capabilities
- Great communication skills
- Active listener
- Great attention to details
- Passion for always learning new things

- Languages spoken – Italian / English / Spanish (excellent written and spoken)

ADDITIONAL INFORMATION

- Yoga Alliance member (2018- present)
- ITSA (International Therapeutic Sound Association) member (2019-present)
- Fully professional insurance cover
- Fully clean driving licence

OTHER Reference upon request