



Martha Victoria

C-IAYT® , E-RYT® 500, YACEP® , Certified Yoga Therapist and Yoga Teacher
Miami FL 33186 (305) 968-2848

Martha@MarthaVictoriaWellness.com www.MarthaVictoriaWellness.com [@MarthaVictoriaWellness](https://www.instagram.com/MarthaVictoriaWellness)

PROFILE

Electronic Engineer by training, Video Producer by choice, and yoga student by heart. I understand yoga as “the string that connects all the dots in my life”, mental and physical health, career, and my relationship with all sentient beings, Mother Earth and the Divine. In my third act, yoga is the central pillar.

CERTIFICATIONS and EDUCATION

- 1130-Hours Certified Yoga Therapist: Aum hOMe Shala, Coconut grove, FL November 2020
- 125-Hour Yoga Wellness Educator Professional Training Program: YogaUOnline, October 2020
- 100-Hours Yoga for Mental Health: Aum hOMe Shala, Coconut grove, FL June 2019
- 40-Hours Yoga for the Heart: Aum hOMe Shala, Coconut grove, FL June 2019
- 40-Hours Advanced Pranayama Techniques: Aum hOMe Shala, Coconut grove, FL June 2019.
- 50-Hour Yin Yoga Certification: Semperviva Studio, Vancouver, CA. February 2019.
- 300-Hour Advanced Yoga Teacher training: Corpo Yoga Studio. Miami, FL. January 2018.
- 20-Hour Tom Meyers Anatomy Train workshop. Reston, VA. October 2018.
- 12-Hour Restorative Yoga Certification: Wellness Room Miami. Miami, FL. October 2018.
- 120-Hour Ashtanga Immersion: Corpo Yoga Studio. Miami, FL. July 2018.
- 24-Hour Ki-Hara Resistant Stretching I & II: Innovative Body Solutions. Miami, FL. April 2018.
- 8-Hour Ki-Hara Mashing Technique: Innovative Body Solutions. Miami, FL. May 2018.
- 10-Hour Yin Yoga Certification: BuddhaFul OM Yoga. Miami, FL. February 2017.
- 12-Hour Vinyasa Yoga Immersion: Corpo Yoga Studio. Miami, FL. January 2017.
- 200-Hour Yoga Teacher training: MindFit School of Yoga. Miami, FL. July 2016.
- 12-Hour Vikasa Yoga Training: MindFit Yoga, Miami, FL. October 2015.
- 10-Hour Yin Yoga Certification, Urban Bliss school of Yoga, Miami, FL., May 2015
- Bachelor of Science, Electronic Engineering: Universidad Mundial, Dominican Republic. December 1986.

Online Trainings:

- 20-Hours Yin Yoga, The Functional Approach: Pranamaya School of Yoga. March 2019.
- 6-Week Circadian clocks: how rhythms structure life: Ludwig-Maximilians-Universität, München. April 2015.
- 6-Week Vital Signs: Understanding What the Body Is Telling Us: Uni. of Pennsylvania. May 2015.
- 6-Week Diabetes, a Global Challenge: University of Copenhagen. July 2015.
- Anatomy and Yoga Therapy Conference, Yoga International. 2017.
- Broken Brain 2 Online Conference, March 2019

PROFESSIONAL EXPERIENCE

**Yoga Therapist and teacher, AUM hOMe Shala Studio, Coconut Groove FL. www.aumhomeshala.org
March 2019 – Present**

With a focus on “unity in diversity” and the acceptance of different approaches to yoga, AUM hOMe Shala’s mission is to promote knowledge of the therapeutic benefits of yoga, through teaching, research, and training yoga teachers and yoga therapists. Committed to helping usher in a new era of peace, we strive to encourage people of all ages and abilities—including children, adolescents, those with disabilities or chronic health conditions, and other underserved populations—to embrace the practice of yoga as a basis for both individual health and a revitalized society.

- Free non-discriminatory Individual and group classes, grant funded.

**Yoga Teacher, BuddhaFul OM Yoga Studio, Miami Florida. buddhafulom.yoga
October 2016 – March 2020**

A yoga studio in the heart of Kendall, dedicated to recovering what we believe to be the essence of yoga: a traditional yoga philosophy and practice available to everyone, catering to the diversity of the area and the people in it. At BuddhaFul OM Yoga you will experience a community of teachers and students that will support you on your path. My weekly Schedule. 75 min each class.

- **Flexibility, Strength & Coordination:** This is a fun, exploratory functional movement class that will push your self-imposed limiting beliefs to the edge, through breath work, real life skills, drills, preps, and fascia conditioning, all geared to increase your mobility. We tend to use the terms “flexibility” and “mobility” interchangeably, but these are different terms. Flexibility is related to your range of motion. Mobility is related to the ease of motion. Flexibility is part of mobility, but mobility also includes your strength and your muscular coordination. This class is for anyone interested in improving his/her asana practice, gain body awareness and break free from pain. We will deepen your core awareness and play with fascia elasticity (the “bounce” or “rebound” quality of our fascia) and plasticity (fascia changing its length and retaining its shape). Expect to break a sweat and finish with some yin/long hold shapes, closing with a nice and well deserved Savasana.
- **Ashtanga Half Primary:** A systematic sequence of predetermined flowing postures linked together with the breath. Intended to be a daily practice this powerful, healing practice is a specific sequence of postures linking breath and movement Ashtanga is an athletic flow combining strength, flexibility and stamina for a complete practice. If you like a strong power yoga or vinyasa class, then you should find this challenging and rewarding.
- **Vinyasa Flow:** movement synchronized to the breath, is a term that covers a broad range of yoga. This style is sometimes also called flow yoga, because of the smooth way that the poses run together and become like a dance. The breath acts as an anchor to the movement as you to flow from one pose to the next in time with an inhale or an exhale.
- **Yin Yoga:** is about untangling the mind and surrendering the body. This style of yoga, suitable for ALL levels of practitioners (from hardcore Yogis to one with limited mobility), targets the deep connective tissues of the body and the fascia network that covers every element of our body. Mostly done on the floor, Yin Yoga is unique in that you are asked to relax in the posture, soften the muscle and move closer to the bone. When we practice Yin Yoga, we practice the art of letting go, “doing, by not doing”.

**Yoga Teacher, Corpo Yoga Studio, Miami Florida. corpoyogamiami.com
May 2017 – March 2020**

Corpo is a family yoga studio where people of all ages, faith and physical abilities can express who they truly are. We believe yoga is a path to inner peace and ultimate physical health; so, we encourage our students to embrace not only the physical aspects of the practice but also its spiritual message. Our studio is dynamic, elegant, and yet

peaceful, a place where one can escape to and disconnect from all daily worries and obligations and just relax. My weekly Schedule:

- **Yin Yoga:** See above.

May 2017 – December 2018

- **Gentle Flow:** Moderate pace movements, simpler poses, and modifications are encouraged. This is a wonderful class to learn the fundamental postures of traditional yoga styles. A really nice way to gently introduce new students to yoga. Absolute beginners will love this class as well as students who are seeking to hold poses longer and more detailed explanations. This class is a great place to start, as all the poses are introduced in detail, allowing students to receive a strong foundation to prevent injury as their practice advances.
- **Restorative:** This class will have an emphasis on strength and mobility. Students will flow at a moderate pace, allowing time to master postures and experience a release of build up tension in their bodies and minds.

June 2018 – December 2018

- **Ashtanga Mysore:** Mysore classes provide an opportunity for students to develop a “self-practice,” which is an integral part of the ashtanga system. The Ashtanga-Vinyasa system of yoga is based on specific postures that are practiced in a set sequence on a regular basis, which are memorized over the journey of your practice. In Mysore, students work independently on the series of postures that is most appropriate for them. The instructor teaches the postures, assists, adjusts and may quietly discuss difficulties or concerns with individual students during class.

DEVELOPED WORKSHOPS FOR YOGA TEACHERS

<https://www.yogaalliance.org/YACEPPublicProfile?cepid=17399#/section=2&showall=true>

20-Hours Anatomy Module for 200-hrs teacher training with Yoga School of Miami. Anatomy for future yoga teachers covering; *Anatomy:* Skeletal system, incl.: Major bones, Types of joints, Major muscles involved in asana, Types of muscle contraction. *Physiology:* Nervous system, incl. ‘fight, flight, freeze’ stress response, vagal theory, overall mind-body connection. Cardiovascular/circulatory, endocrine, digestive systems as they relate to yoga practice and Respiratory system, incl. muscles that affect breathing, involuntary vs voluntary breath, how air enters and leaves body. *Biomechanics:* Types of joint movements, Joint stabilization, Safe movement as it pertains to balancing, stretching, awareness, trauma. Contraindications, misalignments, adaptation

Because you are Unique! This 4-hour Workshop explores the importance of your body posture, different body types and how to better support your body, both in your daily life and in your yoga practice. You will gain clarity in “what stops you” going deeper into yoga asanas and insights into your inner-body suit (a.k.a superficial fascia) and the different ways to keep it healthy. Yoga Asana is meant to help the physical body, but it’s not a one size fits all. Learn what stops you or your students. General concepts of Tension and Compression. Learn about fascia and why fascia matters, not only in our asana practice, but in our daily life and posture awareness. Antifragility concept. Why stress is good. Resistance Stretching and theory of Exercise. Stress and Rest. Flexibility versus Mobility. 3 hours of theory and 1 hour of Fascial Fitness. February 2019.

Bandhas, Breath and Core Awareness: We are all obsessed with having a strong core, but how can we strengthen something we don’t even have a conscious awareness of what it is or where it is? The human core is at the center of our being, deep within the belly behind those fabulous abdominals. Focusing attention on our true core can help us become conscious of our somatic (body) intelligence and improve our “proprioception and interoception”. Learn the physical structure to improve proprioception and a sense of balance, coordination, and

speed. Every move you make originates in your core. A strong core helps support the spine, promotes good posture, enhances the outcome of asana practice, and helps easing back pain. In our asana practice, we use the Bandhas to gain control of our inner strength. Learn to integrate both concepts in your yoga classes. Learn the Trishtana: Ujjayi Breath, Drishti and Bandhas from an energetic perspective. Bandhas and Core Awareness from an Anatomical and Somatic perspective. 3 hours of Theory and 1 hour of practice to grow stronger and protect yourself and your students from injury. February 2019.

12-hour Yin Yoga Certification-Level 1: Yin Yoga is quickly becoming the complementary practice of de-facto for all types of yoga and fitness practitioners. New research and science are showing the immense benefits of long holds with minimal load on our tissues and joints. By stressing the joints and fascia, Yin Yoga increases mobility and improves energy flow to all major organs, by de-stressing the entire body while creating internal awareness. Learn to create your own personal home practice or to teach others this amazing style of yoga: Origins, philosophy and practice of Yin Yoga. The theory of stretching and reshaping the fascia. Energetic, Physical and Spiritual benefits. East meet West: Chinese Meridians and Anatomy Trains. Practice, modification and benefits of all 26 Yin poses. Yin Yoga as a meditation. Integrating Yin and Yang in the practice. Smart Teaching and sequencing. PDF Manual. June 2019.

Journey into Sun Salutation: Learn the Why and How of Sun A and Sun B. Sun Salutations move all the joints of the body in many directions and all these movements are the seeds of many other postures in yoga. We will explore in detail, in the Ashtanga Yoga Tradition: Sun Salutation A and B (Surya Namaskara A&B); modifications to support a safer and more accessible practice. Learn how breath and movement are linked together in the vinyasa count and the energetics of each pose. August 2018.

MEMBERSHIPS AND AFFILIATIONS

International Associations of Yoga Therapist: C-IAYT, APD

Yoga Alliance: E-RYT® 500, YACEP®

HIPAA Awareness for Healthcare Providers.

The Ancient and Mystical Order Rosae Crucis-AMORC. rosicrucian.org: The Rosicrucians are a community of mystics who study and practice the metaphysical laws governing the universe. AMORC is the largest international organization dedicated to perpetuating the ancient Rosicrucian Tradition with hundreds of locations throughout the world, our mission is to provide seekers with the spiritual wisdom necessary to experience their connectedness with the miraculous world around us and to develop Mastery of Life. Member Since 2000. Master Local Chapter, March 2012-March 2013.

PROFESSIONAL REFERENCES

Melinda Atkins – Director AUM hOMe Shala
(305) 815-93683 info@aumhomeshala.org

Andrea de la Madriz - Ashtanga Yoga Teacher
(786) 247-0923 ashtangayoga305@hotmail.com

Kelly Brandon – Owner Yoga School of Miami
(305) 495-3570 Kellyyoga@me.com