



# Martha Victoria WELLNESS

Certified Yoga Therapist  
C-IAYT, APD, E-RYT® 500, YACEP®



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## My Journey

Electronic Engineer, Video Producer, Real Estate Investor and Yoga Student and Mentor for life. 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.

## EDUCATION

- Fall 2020**  
Aum hOMe Shala  
**1133-Hours Yoga Therapy Program**  
Coconut Grove, FL
- Summer 2020**  
Yoga Well Institute  
**16-Hrs Yoga and Healing Trauma**  
Mill Valley, CA - Online
- 2019 -2020**  
YogaU  
**125-Hrs Certified Yoga Wellness Educator**  
YogaUOnline.com
- Spring 2019**  
Semperviva Studio  
**50-Hour Yin Yoga Certification**  
Vancouver, BC, Canada
- Autumn 2018**  
Tom Meyers  
**20-Hour Anatomy Train**  
Reston, VA
- Autumn 2018**  
Wellness Room  
**12-Hour Restorative Yoga Cert**  
Miami, FL
- Summer 2018**  
Corpo Yoga Studio  
**120-Hour Ashtanga Immersion**  
Miami, FL
- Jan 2017-Jan 2018**  
Corpo Yoga Studio  
**300-Hour Yoga Teacher training**  
Miami, FL
- March - June 2016**  
MindFit Yoga Studio  
**200-Hour Yoga Teacher training**  
Miami, FL

## EXPERIENCE

- July 2018 - Present**  
**Yoga Therapist**
- Oct 2016 - Mar 2020**  
**BuddhaFul OM Yoga**  
**Yoga Teacher**  
• Flexibility, Strength & Coordination  
• Ashtanga Half Primary  
• Vinyasa Flow  
• Yin Yoga
- May 2017 - Mar 2020**  
**Corpo Yoga Studio**  
**Yoga Teacher**  
• Yin Yoga  
• Gentle Flow  
• Restorative Yoga  
• Ashtanga Mysore
- Feb 2001 - 2018**  
**Miavision, Inc.**  
**President & Owner**  
Specializing in end-to-end video production; servicing those who serve and care for our communities.

## 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 Tells Us:**  
University 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:**  
Dr. Mark Hyman March 2019

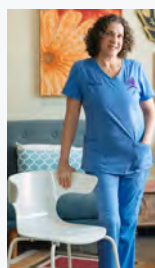
## Developed Workshops & Trainings

YACEP® CE



## REFERENCE

- Melinda Atkins**  
Director AUM hOMe Shala  
(305) 815-9383 info@aumhomeshala.org
- Kelly Brandon**  
Owner Yoga School of Miami  
(305) 495-3570 Kellyyoga@me.com
- Andrea De La Madriz**  
Ashtanga Yoga Teacher  
(786) 247-0923 ashtangayoga305@hotmail.com



## YOGA WELLNESS BEYOND THE SURFACE

My story is a tale of false beliefs and disconnection, a journey of self-discovery and finally meeting my body, mind, and emotions in a place of balance and well-being. NOW My mission is to safely restore balance to others through an integrated approach making yoga accessible to everybody.

My passion for leading yoga sessions, rooted in the Panchamaya model, has evolved into an unwavering commitment to facilitate the mind-body-spirit connection for my mentees; it always makes my heart laugh-out-loud when I see the face of an 'aha' moment and the spark of self-discovery!"