



ABOUT ME

Multilingual yoga facilitator and massage therapist with over 15 years of experience practising and guiding classes for studios, workshops, retreats, companies and teacher trainings internationally.

Versatile and naturally inquisitive, I am enthusiastic about developing existing skills and learning new ones.

I apply myself mindfully, and with care, in all my endeavours with the intention to provide high quality end results

CONTACT INFORMATION



+33656676735 (Telegram)



raphaelle.romana@gmail.com



Toulouse



www.raphaelleromana.com
Linkedin: Raphaëlle Romana

LANGUAGES

- French: Native language
- English: Fluent - written & spoken
- Spanish: Fluent - written & spoken
- Portuguese : Elementary

Publication

"Cultivating a Home Practice."
Yoga Trade (2015)

<https://yogatrade.com/cultivating-home-yoga-practice/>

RAPHAËLLE ROMANA

Yoga Facilitator / Trainer / Massage Therapist

SKILLS

Practising and facilitating yoga:

- A consistent personal yoga practice on & off the mat.
- Resourceful: create, design and adapt yoga classes for group and individual in studios, offices, workshops, retreats, festivals, trainings and online.
- Knowledge of anatomy and physiology applied to movement.
- Facilitate teaching modules for teacher trainings (practical and theory).
- Guided meditation and breathing techniques (on site and online).

Supervisory skills:

- Mentoring new staff members..
- Maintaining highest quality standards in studio.
- Giving and receiving feedback to and from practitioners and colleagues.
- Welcome practitioners, motivate and inspire them to keep practising.

Managerial duties:

- Front desk skills, communication and public speaking.
- Participating in work meetings, contributing to the growth of the company.
- Scheduling, maintenance of supplies and restocking, cleaning, end of day cash balance.

Wellness and holistic therapies:

- Holistic and Swedish massage & Trigger Point Therapy | Reiki | Meditation | 'Breathwork' | Tibetan bowls

PROFESSIONAL EXPERIENCE

MAY 2013 - PRÉSENT : YOGA FACILITATOR/TEACHER TRAINER/MASSAGE
International (Ireland, Australia, Spain & Canaries, Estonia) & France

MAY 2011 - APRIL 2014 : YOGA FACILITATOR & STUDIO MANAGER
Init Yoga, Dublin, Ireland

MAY 2009 - APRIL 2011 : YOGA FACILITATOR
Integral Yoga Institute NY & Bikram Yoga Manhattan, New York, NY

2002 - 2009 : ADDITIONAL PREVIOUS EXPERIENCE

UK & New York City

- Data entry clerk/Credit controller.
- Waitress and barmaid.
- Receptionnist in a sports club.
- Care assistant.
- Photographer.
- French teacher for kids in the UK.

CERTIFICATIONS AND TRAININGS

2021 : Introduction to applied linguistics, Online course with FutureLearn

2020: Working with translation, Online course with FutureLearn

2018: "Becoming a teacher trainer" training, It's Yoga International

2016 - 2018: 200hr & 500hr Ashtanga Vinyasa Yoga, The Rocket & Yin Yoga teacher trainings, It's Yoga International, Canary Islands, Spain.

2015: 200hr Vinyasa Flow teacher training, Frog Lotus International.

2013: CPD Trigger Point Therapy, Holistic College Of Dublin, Dublin, Ireland.

2012 - 2013 : ITEC Level 3 (UK) Diploma in Holistic Massage, HCD, Ireland.

2010: Bikram Yoga teacher training, Bikram College Of India, San Diego, USA

2008 - 2009 : 200hr & 150hr Hatha Yoga Teacher Trainings, Integral Yoga Institute, NYC, USA,