

## Contact Information

### Email

raphaelle.romana@gmail.com

### Phone

+33656676735 (Telegram)

### Link

Linkedin: RaphaëlleRomana  
Website:  
www.raphaelle.romana.com

### Skills

Multilingual (French, English, Spanish)

Yoga and meditation

Interpersonal Skills

Communication

Proofreading, editing and copywriting

Time management

Adaptability

Attention to detail

Public speaking

### Languages

#### French

Native Language

#### English

Fluent- spoken and written

#### Spanish

Fluent- spoken and written

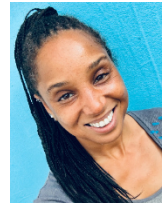
#### Portuguese

Elementary

## Raphaëlle Romana

Multilingual yoga teacher and massage therapist with over 15 years of experience guiding classes, workshops, retreats and teacher trainings in a variety of settings all over the world.

Versatile and naturally inquisitive, I am enthusiastic about learning new skills. I apply myself mindfully, and with care, in all my endeavours in order to provide high quality end results.



### Experience

International (Ireland, Australia, Spain & Canary Islands, Estonia)  
*May 2013 - Present*

Dublin, Ireland  
*May 2011 - May 2014*

New York City, NY  
*May 2009 - April 2011*

#### Yoga Teacher/Teacher Trainer/Massage Therapist

- Create, design and adapt yoga classes for diverse settings: group and private classes in studios, offices, festivals, workshops, retreats, teacher trainings and online.
- Holistic and Swedish massage, trigger point therapy, Reiki and Tibetan bowls therapy.
- Guided meditation (in person and online).
- Facilitate practical and theory classes for teacher trainings.
- Proofread and edited teacher training manuals.

#### Yoga Teacher/Studio Manager

##### Init Yoga

- Supervisory skills: mentored new teachers, ensuring highest quality standards in the studio.
- Managerial duties: end of day cash out, scheduling, cleaning, maintenance of supplies and restocking.
- Built positive relationships with students, giving and receiving feedback, and provided students with health and wellness information to encourage them to continue their practice.

#### Yoga Teacher

##### Integral Yoga Institute NY/Bikram Yoga Manhattan

- Provided a warm and comfortable environment for students, welcoming newcomers, providing information and feedback to students after class.
- Taught yoga classes within a 90 minutes time constraint in a heated environment.
- Motivated and inspired students to deepen their practice in a compassionate manner.
- Prepared classes and adapted them according to the students' abilities, in both group and private classes.
- Offered instructions to students for the enhancement and adaptation of poses based on individual needs.
- Used a strong knowledge of anatomy and physiology to help students understand the aim of the poses while ensuring that they practice safely.

UK & NYC

## Other Skills

### Additional Previous Experience

- Data Entry Clerk/Credit Controller.
- Waitress & Bartender
- Receptionist in sports club.
- Caregiver.
- Photographer.
- French Teacher for kids in the UK.

## Education

Worthing, UK  
- 2002

## BA (Hons) in Photography & Media Studies Worthing College

## Certificates & Courses

- Introduction To Applied Linguistics, FutureLearn Online Course, Jan-Feb 2021
- Working With Translation, FutureLearn Online Course, May-June 2020
- It's Yoga International "Becoming a teacher trainer" Training, March 2018
- 500hr It's Yoga International Ashtanga Vinyasa Yoga, Yin Yoga & The Rocket Teacher Training, Sept 2016-March 2018
- 200hr Frog Lotus Vinyasa Flow Teacher Training, October 2015
- CPD Trigger Point Therapy For Back Pain, Holistic College Of Dublin, Dublin, Ireland, June 2013.
- ITEC Level 3 (UK) Diploma Holistic Massage Therapy, HCD, Dublin, Ireland, Oct 2012-April 2013.
- Bikram Yoga Teacher Training, Bikram College Of India, San Diego, USA, Sept-Nov 2010.
- 350hr Beginner & Intermediate Level Hatha Yoga Teacher Training, Integral Yoga Institute, NYC, USA, Sept 2008-Dec 2009.

## Publications

"Cultivating a Home Practice." Yoga Trade (2015)  
<https://yogatrade.com/cultivating-home-yoga-practice/>