



Feriel MOUNDIR

CERTIFIED YOGA TEACHER

Profile

Passionate yoga teacher with the desire to help others reconnecting with themselves

Joyful, open-minded, world-traveler and animal lover



Other Certifications

- Master Reiki Usui/Holy Fire III
- "Touch for Health" practitioner, a section of Kinesiology
- Nutritionist
- Animal Communication



Language skills

English (fluent)
French (native)



Contact Me

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www.lavillayoga.com



Education & Trainings



200-HOUR REGISTERED YOGA TEACHER

Green Yoga International | 2018

- Multi-style yoga : Hatha, Vinyasa, Yin
- Traditional India school

200-HOUR REGISTERED YOGA TEACHER

True North Vinyasa | 2020 (in progress)

- Vinyasa yoga
- Modern approach to ancient wisdom

2 BACHELORS OF SCIENCE

United State and France | 2010

- Marketing and Communications

Professional Experience



YOGA TEACHER

Club M.T.A | Morocco | Dec 2018 - Jun 2019

- Taught multi-style yoga classes to tennis players (pro and semi-pro player) with 6 classes / week for a period of 6 months
- Also organized a series of workshops for the general public / members of the tennis club

YOGA TEACHER

Centre Reiki Usui Holy Fire | France | Jul 2019 - Apr 2020

- Taught private weekly classes (multi-style) to Reiki practitioners
- Conducted the yoga section of our monthly Yoga + Reiki workshops

SPORTS MARKETING SPECIALIST

Worldwide | 2008 - 2018

- I used to work in the marketing departments of major sport properties across the globe, such as the Olympic Games, the UEFA Champions League and on the sport marketing strategy of major brands