

Lucia Borraccino

A: Soembawastraat
E: letterfromlucia@gmail.com
IG: @Letterfromlucia
P: + 31 621969005

www.yogawithlucia.wordpress.com

ABOUT ME

I am 34 years old and I have been practicing yoga since I was 15. I became a qualified teacher in 2017 taking YTT 200 hours and I set up my own community classes. I teach in the Vinyasa tradition, usually without the use of props, and have a strong classical yoga background. I teach Vinyasa, Slow Flow and a good Power Yoga class. I am currently studying for my 300 hour YTT (I am at 200 hours) at De Nieuwe Yoga School Amsterdam.

EXPERIENCE

Soho House Amsterdam - Yoga Teacher

March 2019 - Current

I teach Vinyasa and Power Yoga Classes at the Studio

Akasha Spa - Conservatorium Hotel, Amsterdam - Sub Yoga Teacher

March 2019 - Current

I teach public and private classes at this five star hotel spa studio. I teach Vinyasa and Core Flow classes for VIP guests and the spa members.

Yoga Nida, Amsterdam - Yoga Teacher

March 2019 - December 2019

I teach Morning Flow, Slow Flow and Power Yoga.

Chroma Yoga Studio, London - Yoga Teacher

June / July / August 2018

I taught during summer at this modern yoga studio which uses light, sound and scent technology for each different class.

Arjuna Yoga Studio, Lisbon — Yoga Teacher

June 2017 - June 2018

I taught classes in this dedicated Sivananda centre which is where I also undertook my personal practice each morning.

American Marines at NATO base, Oeiras — Yoga Teacher

August 2017 - May 2018

I taught different classes and workshops with the serving soldiers - some of whom were suffering PTSD.

My Own Community Classes, Lisbon — Yoga Teacher

April 2017 - June 2018

I set up my own community classes once I qualified with large numbers attending.



SKILLS

- Over 15 years of regular yoga practice
- 10+ years dance (samba) training
- First aid training specifically for sports injuries
- CPD courses taken including anatomy for yoga and injuries, prison trauma centered yoga and much more
- Extensive travel with classes and training taken in London, New York, India, Mexico, Europe and Sri Lanka.

LANGUAGES

Native English speaker with a calm voice and tone.

Italian and French to a good level, Portuguese A1 level and I am currently learning Dutch.

