

Samuel Poma

YOGA TEACHER



Profile

I'm a 31 years old Yoga Teacher born in Italy who dedicates his life to helping people worldwide discover their True Selves through yoga practices and wisdom, living life according to their inner values, and spreading joy through the yoga path.

Languages

1. Italian (native)
2. English (fluent)

Yoga Skills

- Hatha Yoga | Kundalini Yoga | Yin Yoga | Vinyasa Yoga | Arogya Therapy Yoga | Sound Yoga | Yoga Philosophy

Contact

- +393453773836
- poma.samuel@gmail.com

Yoga Education

Hatha, Yin, Vinyasa Yoga

700hr YTT in Multi-Style Yoga

2021

- Certified YTT with Yoga Alliance, at ULU Yoga (500hr) & Yogamu (200 hr)

Kundalini Yoga

500hr YTT in Kundalini Yoga

2021

- Certified YTT with Yoga Alliance, at Samadhi Yoga Ashram

Arogya (Therapy) Yoga

300hr YTT in Arogya (Therapy) Yoga

2022

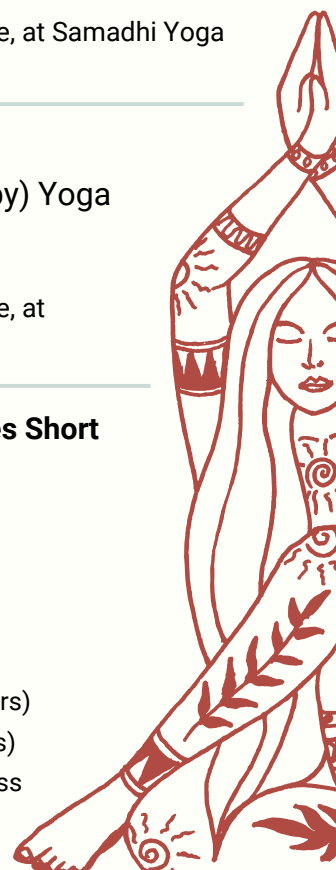
- Certified YTT with Yoga Alliance, at Sampurna Yoga

Yoga Philosophy & Techniques Short Courses

Certified YACEP courses at Yoga International

2021 - 2023

- Yoga Therapy for Anxiety (5hrs)
- Yoga Therapy for Depression (3hrs)
- Yoga History & Philosophy (12hrs)
- The Path to Your Potential: 7-Class Chakras Series (4hrs)



...Yoga Philosophy & Techniques

Short Courses

Certified YACEP courses at Yoga International

(constantly in progress with new courses)

2023

- The Heart of Practice (15hrs)
- Psychology of Ayurveda & Physiology Of Yoga (11hrs)
- Advance Your Asana (7.5hrs)
- Sculpt Your Body (4.5 hrs)
- Meditation on The Chakras (5hrs)

Certified YACEP course at Yogi Flight School

- Vinyasa Yoga - Arm Balances & Inversions Program (30hrs - currently in progress, almost done)

Work Experience

Sam Wanderer Yoga

Yoga Teacher

2021 - currently

- Yoga Teacher at my own studio, in-presence and remote.

Ulu Yoga Teacher Training School

Yoga Teacher Exam Revisor - Remote

2022

- Yoga Teacher Assessor for the 200hr Yoga Teacher Training in Multi-style Yoga with Ulu Yoga.
- Yoga Teacher Collab. to Ulu Yoga Manual

BenEssere Postural Center

Yoga Teacher Lead

2022 - 2023

- Yoga Teacher Lead at BenEssere Postural Center in Italy (Sicily)

BegSport Fitness Center

Yoga Teacher Lead

2022 - 2023

- Yoga Teacher Lead at BegSport Fitness Center in Italy (Sicily)

...Work Experience

Yoga Huset

Yoga Teacher

2023

- Yoga Teacher at Yoga Huset in Sweden (Uppsala).



Photo Gallery

