



Beatriz Minguez

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Work

“Depth of Breath” - 4 day Yoga & Breathing Retreat - Amanara Resort - Turks & Caicos - J026

Yoga / Wellness / Freediving instructor

- Diver's Paradise, Key Biscayne, Miami - 2021 to present
- South Beach Divers, Miami Beach - 2017 to 2023
- Tarpoon Lagoon, Miami Beach - 2020 to present

Personal Wellness coach / Healing

- Vladislav Doronin, owner and chairman of AMAN resorts - 2019 to present

Yoga / Static Breathing competition coach - Havelock, India and El Gouna, Egypt - 2017- 2018

Kids Yoga instructor

- The Yoga Grove, Coconut Grove, Miami - 2001 to 2004
- St. Stevens Elementary School, Miami - 2001 to 2003

Yoga instructor - Faculty of Ransom Everglades - 1999 to 2003

Education and Certification Courses

Freediving Instructor PADI - South Beach Divers - Miami Beach, FL - 2017

Master Science Holistic Nutrition and Health - Clayton College of Natural Health, Birmingham, AL - 2007

Backbends and Twist Asanas - 40 hr - Pure Yoga with Rod Striker, New York, NY - 2004

The Essence of Yoga - 16 hr - OMEGA with Angela Farmer, Boston - 2003

Meditation and Transformation of Self Foundation Studies - 40 hr - Anthroposophy Center, Wilton, NH - 2003

Foundation Studies in Anthroposophy and the Arts - 1 yr - Anthroposophy Center, Wilton, NH - 2002

Vinyasa Yoga - 100 hr - Jivamukti Yoga Studio with Sharon Gannon and David Life, New York, NY - 2002

Yoga for Children - 24 hr - OMEGA with B.K.S. Desikachar, Miami, FL - 2001

Ashtanga Teacher Training - 200 hr - Shakti Yoga Loft with Wayne Krassner, Miami Beach, FL - 2000

Yogic Psychic Development Techniques - 16 hr - Dharma Yoga Center with Dharma Mitra, New York, NY - 2000

Iyengar Yoga / Props - 1 week - Yoga Workshop with Eric Schiffman, Los Angeles, CA - 1999

Theosophical Studies - 1 yr - The Theosophical Society, New York, NY - 1998

Therapeutic Massage and Hydrotherapy - 850 hr - Educating Hands School of Massage, Miami, FL - 1995

Hatha Yoga and Psychoanalysis - 90 hr - Shadak Yoga with Ramiro Calle, Madrid, Spain - 1995

Power Yoga - 3 mos - Forest Yoga Studio with Anna Forest, Los Angeles, CA - 1994

Reflexology - 200 hr - American Academy of Reflexology with Bill Flocco Los Angeles, CA - 1993

Bachelor in Visual Arts & Computer Graphics - U.C.L.A. and A.I.U. Los Angeles, CA - 1992

Collaboration with celebrities

Dwayne Wade, Gabrielle Union, Julio Iglesias, Jared Leto.

Languages

Bilingual Spanish / English

References upon request