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| ANNA MATTAROZZI, MD Curriculum sketch |
| **Career Profile (Education and Employment)** |
| * *2014-,*  Yoga Teacher, Sporting Club San Lanfranco, Pavia * *2013-,*  Yoga Teacher, Campus Aquae, Pavia * *2012-,*  President of the Association, Yoga Teacher and Personal Trainer , Kriya Yoga,   Mezzanino (Pavia)   * *2012-2013,* Yoga Teacher, Il Movimento, Pavia * *2008-2010,* Yoga Teacher, evtf NRG Club, Stradella (Pavia) * *2006-2008,* Technical Director, Yoga Teacher and Personal Trainer, Kriya Yoga Maharishi Sathyananda, Broni (Pavia) * *2000-2005,*  Managing and Technical Director, Yoga Teacher, Kriya Yoga Maharishi Sathyananda, Pavia   From 1999 he devoted himself to the study of Hatha Yoga and Kriya Yoga , analyzing in depth the disciplines from the point of view of physiology and biomechanics .  15 years of experience working as a Yoga teacher allowed her to improve her teaching techniques , adapting practices for different age groups.  Thanks to the role of technical director and administrative she acquired skills in the management and organization of working groups .  Since 2012 she is interested in studying a new martial art called Ai-jutsu with Guru Maharishi Sathyananda.   * *2015,* *MD* University of Pavia (Italy); * *2014,* Certification in Kinesiology Taping, First Level, Edi Ermes srl; * *2009,* Yoga Master Degree, Tenerife (ES), Accademia Maharishi Sathyananda: * *2006,* Personal Trainer Certification recognized CONI, Formaction srl (us-acli CONI) * *2005,* Fitness and Wellness Trainer Certification recognized CONI, Formaction srl * *2004,* Yoga Master Degree, Mallorca (ES), Accademia Maharisci Sathyananda * *1999,* Yoga Teacher Certification, FKY Federazione Kriya Yoga, Milano * *1997*, High School Diploma, Istituto Orsoline di San Carlo in Sant’Ambrogio, Milano |