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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
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