

## Itzel Esquirol Cubias

Currently at  
Yandara Yoga, Baja  
California Sur, México.

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### EDUCATION AND ACADEMIC BACKGROUND

2023-2024 **Health and Trauma Informed Devi Coach** ( on going studies)

2020 **Craniosacral Training**, Ubud, Bali.

2019 **200 HR Hatha Yoga Teacher Training**, Samadhi Sacred Valley, Valle Sagrado delos Incas, Perú.

2015- 2019 **Bachelor's Degree in Psychology**, Universidad Oberta de Catalunya, Barcelona, Spain.

2013-2014 **Public Relations**, ESRP, Barcelona, Spain.

### WORK EXPERIENCE

2023-2024 **Craniosacral Sessions. Store Manager and Retreat management**, Yandara Yoga, México.

2021-2023 **Craniosacral Sessions**, Abhyasa Yoga Center, Lisbon, Portugal.

2020 **Virtual Administrative Assistant, Customer Service, Manager Assistant**, at ULU Yoga School. OnlineYTT and YTT in Thailand and Bali. [Remote work]

2019 **Guest service, Hospitality, Retreat management and energy healing sessions** at Samadhi Sacred Valley, Retreat Center, Peru.

2017- 2019 **SPA Front Desk Receptionist** at SpacioOmm, Sir Victor Hotel, Barcelona, Spain.

2014-2017 **Sales Assistant and hand made crystals designs**, Don Mineral S.L. Barcelona, Spain.

2012 **Spa Front Desk Receptionist, MAGMA**, Spa and Wellness Center, Santa Coloma de Farners, Girona, Spain.

### ADDITIONAL INFORMATION

Summer 2023 Community Volunteer Program. Shambala Gatherings, Sweden.

Summer 2019 Community Volunteer Program. **Kitchen apprentice**, responsable for breakfast and desserts. Shambala Gatherings, Sweden.

Summer 2018 Community Volunteer Program. **Chef Assistant**. Shambala Gatherings, Sweden.

Summer 2017 Community Volunteer Program. **Education.** Maya School Academy, Nepal.

Summer 2015 Community Volunteer Program. **Healthcare.** Orphanage Le Poupunaire du Senegal, África.