



PATRICIA RAMOS

email: patricia@calmyoga.fr
skype: patyramos19

69 / 71 Boulevard Montfleury
06400 Cannes France
mobile: +33 (0) 6 38 94 43 88

PROFILE

Born and lived in Brazil, studied also abroad in the USA and in France, was exposed to living and working experiences in marketing and communication outside home country in the last twelve years, in Portugal, France and Switzerland. Very sportive, used to do Marathons and Triathlons, have been practicing yoga for the last 14 years, almost daily and following courses and workshops in Brazil, Europe and India.

YOGA COURSES / WORKSHOPS:

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| Ajay Kumar Workshop at AYA
Week-end: backbending and hips opening | <i>Antibes, France - Mai 2014</i> |
| John Scott Workshop at Sohum Studio
2 days: pranayama, asanas | <i>Antibes, France - Mai 2014</i> |
| Mike and Erin Hannun Workshop at AYA
Week-end: ayurveda | <i>Antibes, France - Mai 2014</i> |
| Linda and Gerald form Asthanga Yoga Paris
5 days: pranayama | <i>Antibes, France - Apr 2014</i> |
| O.P. Tiwari at Asthanga Yoga Paris
5 days: pranayama | <i>Paris, France - Apr 2013</i> |
| Demien de Batier Workshop at AYA
2 days: asanas anatomy, ,dristis and pranayama | <i>Antibes, France - Feb 2013</i> |
| Shishadri Workshop at Paris Studio
4 days: asanas | <i>Paris, France - Mai 2012</i> |
| Lino Miele Workshop
3 days: asanas and explanations of his 2 nd book | <i>Rome, Italy - Dec 2011</i> |
| Mike Hannun Course
1 month: asanas, and kirtan | <i>Geneva, Switzerland - Jan 2010</i> |
| Mike Hannun Course
1 month: asanas | <i>Geneva, Switzerland - Oct 2009</i> |
| Art of Living Course 1
5 days: yoga lifestyle, pranayama, meditation | <i>Geneva, Switzerland - Jan 2009</i> |
| Lino Miele Workshop
3 days: asanas, | <i>Milan, Italy - April 2008</i> |
| Paul Dallaghan Workshop
2 days: asanas and pranayama | <i>Geneva, Switzerland - Sep 2007</i> |
| Marc Darby Workshop at Soluna
2 days: focus on sun salutation 1 and 2 | <i>Geneva, Switzerland Mai 2006</i> |
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YOGA CLASSES: **Asthanga Yoga Antibes** *Antibes, France Feb 2013 – present*
Yogasana *Geneva, Switzerland Jan 2005 – Dec 2009*
Triyoga *London, UK , 2004 (drop in during week-ends)*
Iyengar Center Paris *Paris, France Feb 2002 – Dec 2002*
Cristovao *Sao Paulo, Brazil Jan 2002 – Feb 2002*
Formula Academia *Sao Paulo, Brazil Jan 2000 – Dec 2001*

YOGA RETREATS: **Krishna Shakti Ashram with Regina Shakti** *Campos do Jordao, Brazil - Oct 2001*
 2 days: focus on sun salutation 1 and 2
Yogabones with Rolf & Marci *Goa, India - Jan 2009*
 3 weeks: asanas and asanas adjustments
Vipassana International Academy - Dhamma Giri *gatipuri, India – Feb 2009*
 11 days: Meditations
Santoshi Puri Asharam with Ganga Puri *Haridwar, India - Feb 2009*
 2 weeks : Yoga Philosophy, Patanjali Sutras
Art of Living Ashram *Bengalore, India - Mar 2009*
 1 week : Course 2 yoga lifestyle, meditation, pranayama
Shantala with Shishadri *Mysore, India - Mar 2009*
 3 weeks : asanas, asanas ajustements and pranayama

YOGA READING

- Bavaghata Gita
- Patanjali Sutras
- Astānga Yoga as it is (Matthew Swenney)
- The Yoga of the yogi (Kausthub Desikachar)
- The viniyoga of Yoga (TKV Desikachar)
- Reflection on yoga Sutras of Patanjali (TKV Desikachar)
- Health, Healing & Beyond (TKV Desikachar)
- Light on Asthanga yoga (BKS Iyengar)
- Light on Pranayama(BKS Iyengar),
- The Supreme Yoga (Venkatesanaada),
- Anatomy of hatha Yoga (H. David Coulter)
- Yoga Anatomy (Leslie Kaminoff)
- Ashtanga Yoga: The Definitive Step-by-Step Guide to Dynamic Yoga (John Scott)
- Yoga and Ayurveda (David Frawley)
- Four Chapters on Freedom (Swami Satyananda Saraswati)
- Asana Pranayama Mudra Bandha (Swami Satyananda Saraswati)
- Moola Bandha (Swami Buddhananda)
- Nava Yogini tanta (Swami Muktananda)
- Prevernier et guerir par le Yoga (Christine Campagnac-Morette)
- Essence of Maharis Patanjali's Astanga Yoga (JM Mehta)
- Yoga Mala (Sri K. Pattai Jois)
- The 7 spirituals laws of Yoga (Deepak Chopra)
- Pranayama beyond the fundamentals (Richard Rosen)

YOGA HIGHER INFLUENCES: **Mataji**, (wife of Santoshi Puri,) and **Sri Sri Ravi Shankar**

LANGUAGES: **Portuguese** (mother tongue); **English** and **French** (fluent); **Spanish** and **Italian** (intermediate)