

Farah Aljundi
500 Hr+Integrative Yoga Teacher

I started practicing Yoga in 2006 in Florence, Italy during my many years of working in Fashion. I went on to study with great teachers in Shanghai, Beirut and Istanbul who inspired me to take my first trip to India and I haven't looked back since.

Yoga Training

- 200 Hr Yoga Alliance Accredited Teachers Training Course with Noah McKenna of the [Sukashanti Yoga School](#) Mysore, India from November 01 - November 27, 2013
- 1 month training with Vinay Kumar in a 'Backbending flexibility and strengthening' course at the [Prana Vashya Yoga School](#) in Mysore, India from December 1st-December 30th, 2013.
- 1 month Mysore Ashtanga practice under [Saraswathi Jois](#) from in Mysore India from January 1st-January 30th, 2013.
- 200 Hr Yoga Alliance Accredited Teachers Training Course in Integrative Yoga with Amit & Lina Reina from the [Kashmir Shaivism School](#) of Yoga. Goa, India January 2015
- 50-hour Yin- Yoga Teachers Training with [Jade Wood Yoga](#). Amman, Jordan August 2016
- 50-hour [Budokon Yoga](#) Teachers Training with Cameron and Melayne Shayne. Miami, USA 2016
- Workshops with [Ajay Kumar](#), [Mark Robberds](#), [Tymi Howard](#) and [Greville Henwood](#). 2014-current

Work Experience

- **Studio Owner, Full-time Yoga Teacher** and Wellness Instructor at 'The Nest' in Amman, Jordan. (current)

An incubation & release philosophy of monthly courses on the 'Foundations in Yoga'. Built upon a system of three levels that emphasizes the importance of a strong practice based on proper alignment, breath and safe techniques.

- **Full-Time Yoga Teacher** (Group & Private) at Body Tree Studio in Abu Dhabi // February 2014- January 2015

Classes included Vinyasa Flow, Warrior Yoga (infused with Martial Arts) and Yoga Sculpt (using light weights)

- **Marketing Director** of the Body Tree Studio in Abu Dhabi // Feb 2014- January 2015

Responsibilities included developing Creative Marketing strategies and campaigns //Public Relations //Social Media Management.

- **Holistic Wellness Consultant**

Freelance Services include developing a customized Yoga Personal Practice based on clients needs and goals // Designing personalized Beauty regimens and creating products made from natural organic products and high quality essential oils// Customizing a holistic approach to nutrition by creating recipes and home remedies designed around each clients lifestyle.

