

Eileen Y. Ramos

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Profile

I started practicing yoga since June of 2014. From then on, my love for it grew as from what started just an exercise form for me, became deeper as I further practice it. I decided to take teacher training this year to deepen my practice and also I want to be able to share the same enthusiasm and love for the practice to other people. I have background in Ashtanga, Vinyasa, Yin, Prenatal and Post-natal. I specialize in alignment and anatomical based yoga. I took rehab workshop for myofascial releases and muscle activation. I am currently taking an online course for meditation under Natura Institute, Australia. Celebrity fitness trained me for floating yoga and certification is yet to be given.

History

Freelance Yoga Teacher

May 2016 - Present

- Teaches at Anytime Fitness Burgos Circle and Highstreet, BGC Branches
- Teaches at Beyond Yoga
- Teaches at Anytime Fitness Glorietta 5
- Teaches at Celebrity Fitness
- Substitute teacher for Kerry Sports Manila
- Private classes
- One-on-One and Group sessions
- Corporate accounts

Yoga Training, Conferences & Workshops

200 hours Align & Refine Teacher Training Align & Refine By Marc Macadaeg Rockwell Athletica, Makati City	October 2018
50 hours International Yin Yoga Teacher Training Yin Mindfulness Immersion By Chris Su Yogahive, Makati City	May 2018
100 hours Continuing Education Back Bend Intensive Align & Refine By Marc Macadaeg Urban Ashram, Brixton, Pasig City	March 2018
100 hours Continuing Education Arm Balance Intensive Align & Refine By Marc Macadaeg Urban Ashram, Brixton, Pasig City	October 2017
ALCHEMY OF HEART	May 2017

Urban Ashram

By Pete Guinosso

Urban Ashram, Fort BGC, Taguig City

REHAB TRAINER – REHAB ESSENTIALS

February 2017

Rehab Trainer

By Ulrik Larsen of Rehab Trainer Australia

Podium, San Miguel Avenue, Ortigas Center, Manila

Prenatal, Post Natal and Active Birth Teacher Training Course September 2016**Pure Yoga 100 Hours**

By Michelle Papa of Yoga Space Perth

Chevron House, Raffles Place, Singapore

VINYASA WORKSHOP (7 hour workshop)

August 2016

Beyond Yoga

By Roanna Santos & Rianna Gatus

Beyond Yoga Studio, Greenhills

200 Hour Ashtanga Yoga Teacher Training Course

May 2016

Level 1 – Primary Series**AV108 Yoga School RYS200 Yoga Alliance**

Taguig, Metro Manila Philippines

Education

Bachelor of Arts Degree in Communication Arts

1997 - 2001

With Specialization Film Production**Bachelor of Science Degree in Business Management**

1997 - 2001

with Specialization in Entrepreneurship

De La Salle University, Manila, Philippines

Other Trainings, Conferences & Workshops

Professional Make-up Artistry

October 2004

Cosmoprof, Singapore

HD Seminar for Networks (GMA7 and TV5)

November 2011

Solid Video (Sony Film Equipment)

-speaker

Century Properties Real Estate Training

August 2013

Century Properties Real Estate Training (International)

February 2014

References

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