



*Irina
Oshechepkova*

YOGA TEACHER



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SUMMARY

I am a certified yoga teacher with **600+ hours of training**, registered with Yoga Alliance, and with **800+ hours of teaching experience**. I am also a consultant in Employee Wellness and Stress Management.

My classes are adjusted on the spot to the participants' needs and body types. I offer **appropriate modifications of postures, anatomy insights and lots of jokes!** I can also **play Tibetan singing bowls** at the end of the class.


I have studied postural yoga (Ashtanga, Vinyasa, Power, Yin), therapeutic yoga, Ayurveda, Abhyanga, Marma therapy, Reiki, and sound therapy.

I believe yoga integrates our lives and reframes the way we look at things. For me, yoga practice is a journey which allows me to focus on a possibility mindset. I am passionate motivating and helping practitioners of all levels so that they enjoy and feel at ease with their practice.

ABOUT

 Yoga Alliance ID [305155](#)

 Date of birth: 22.09.1987

 English (fluent), Russian (native), French (basic), Italian (basic)

 Interests: travel, personal development, reading, podcasts



MOST PROUD OF

- Teaching for [Yoga for Think Pink Belgium](#), [Decathlon Kimjaly Belgium](#), at [OM & BASS festival](#), at [Yogific Yoga and Vegan festival](#)
- Organising 50h Advanced Power Vinyasa Yoga teacher training in Brussels in collaboration with Italia Power Yoga and Brussels Yoga Loft
- Hosting yoga events, workshop and retreats in 6 countries: Belgium, France, Austria, Slovakia, Morocco, Portugal

TEACHING EXPERIENCE: 800+ HOURS

- Ashtanga (Full and Modified Primary Series), Vinyasa (Power, Gentle), Yin
- Yoga for specific needs: sports (cyclists, runners) and recovery from injuries
- See examples of videos: [Ashtanga](#), [Guided Savasana](#), [Asana Insights](#)

EDUCATION: 600+ HOURS

- 300h Yoga Teacher Certification Program**, at [Mark Stephens Yoga](#), April 2022
- 40h The Science of Teaching Yoga for Athletes**, at [the Institute of Yoga Sport Science](#), March 2022
- Employee Wellness and Stress Management**, at [Stanford Center for Health Education](#), July 2021
- 85h Functional Anatomy and Yin Yoga Teacher Training**, at [Mandala of Life](#), June 2020
- 50h Yin Yoga Teacher Training** with Diana Batts and Bernie Clark, at [Yoga International](#), May 2020
- 50h Yin Yoga**, at [Yogadarshanam Mysore](#), YACEP, January 2020
- 50h Advanced Power Vinyasa Yoga Teacher Training**, at RYS 300 [Italia Power Yoga](#), November 2019
- 50h Yoga Alignment and Adjustment Program**, Hatha and Ashtanga Yoga, at RYS 500 [Yoga with Srinatha Mysore](#), March 2019
- 200h Ashtanga Vinyasa Yoga Teacher Training**, at RYS 200 [Brussels Yoga Loft](#), August 2018
- Various other studies with Vijay Kumar, Saraswathi Jois, Bernie Clark, Diana Batts, Leslie Kaminoff, Balsundra Srinatha, Arvind Pare, Chitralkha Krishnamurthy, David Swenson, Sharmila Desai, Scott Johnson etc.

SOME TESTIMONIALS



KS: Pleasure to leave myself in Irina's capable hands, trusting her guidance and marveling at her ability to constantly improvise.

PC: I have learned more details in one lesson than in ten years of practice.



CC: I can't explain how happy I am that you've helped me recover from my injury this past month.

