



SABRINA TREVISAN

YOGA TEACHER - RETREAT HOST

CONTACTS

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EDUCATION

2021

30h Fascia Flow Module
with Odaka Yoga

2020

30h mobility module
with Bruce Chung
and Emily Torockio (YogaKoH)

2019

200h Vinyasa YTT
with Phoebe Waters (YogaKoH)

2012

Master degree in
International media
and communications
(Paris VIII University)

SPORTS EXPERIENCE

Yoga

Practicing Vinyasa Yoga since 2005

Athletics

Former Italian national team
race walker (5-10km)
Italian Champion 2003-2006
6th place in 2005

IAAF World U18 Championships.

Surf

Extensively surfing in Australia,
South East Asia and Europe since 2013

WORK EXPERIENCE

2020 - Ongoing

Elektro Vinyasa - Personal Project

- I teach Vinyasa, Yin, and Power Yoga online and offline (in Milan) to a growing community of yogis.
- I host yoga and outdoor retreats in Italy and Europe, where I combine yoga with mindful sports like surf, hiking or skiing.
- I create yoga content for my Instagram community.

Dec 2019 - Mar 2020

Yoga Teacher at Power Asana Yoga (Milan)

Vinyasa, Yin, and Power Yoga teacher to small groups of students.

2019

Yoga Teacher in Indonesia

- *Dream Sea Surf - Bali (INDONESIA)*
- *Macaroni's Resort - Mentawai islands (INDONESIA)*
- *Tenggara Point Lodge - Sumbawa (INDONESIA)*

Yoga teacher in high-end surf resorts in Indonesia. The goal was mainly to provide students with the mobility, the stretching and the focus needed for high-level surf.

2015 - Ongoing

Freelance copyeditor and content creator

I am a freelance copywriter and content creator. I develop digital strategies and produce content for social media, blogs and websites.