



SABRINA TREVISAN

YOGA TEACHER - RETREAT HOST

CONTACTS

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EDUCATION

2022

100h Mandala Vinyasa
with Daniela Garza Rios ([SOHA](#))

30h Fascia Flow Module
with [Odaka Yoga](#)

2021

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.