

# Curriculum Vitae



## **Personal data:**

Name, surname: Iveta Kalnina  
Birth date: August 17, 1978  
Nationality: Latvian  
E-mail: [kalnina.iveta@inbox.lv](mailto:kalnina.iveta@inbox.lv)  
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## **Education:**

2017 till now - PhD (doctoral) Studies at the Latvian Academy of Sport Education, Dissertation theme: *“The effect of thoughts on the intensity of pain in the lumbar spine”*.

2003-2005 Master's Degree in Management and Economy Science, Riga Technical University, Latvia

1998-2002 Bachelor's Degree in Business and Management, Business University of Latvia “Turība”

## **Work Experience**

Since January 2016 - Secretary General of the Latvian Yoga Sports Federation ([www.lsjf.lv](http://www.lsjf.lv))

Since 2015 – Iveta’s Kalnina’s Yoga sports Practice "AltA" and the founder of Yoga Sports Club "AltA Yoga"; certified yoga sports Teacher;

Since June 30, 2016 Yoga sports Trainer (Continuing Education Center for Trainer's in Latvia) ([www.facebook.com/ivetaskalninasjogasprakse/](http://www.facebook.com/ivetaskalninasjogasprakse/))

2013-2015 Bikram Yoga Riga certified Bikram Yoga Teacher

2003-2010 Legal Adviser to Iveta's Kalnina's Legal and Tax Advice Bureau Ltd., Certified Tax Consultant

2001-2004 Sworn Auditor company "Sandra Dzerele un Partneri" Ltd, sworn auditor assistant, auditor

2005-2011 "Lietiskas informācijas dienests" Ltd (magazine "Bilance" and "Bilance seminars") - publicist and lecturer in the field of tax law and commercial law

### **Additional education and interests**

September 2015 - 2016 June – Latvian Academy of Sport Education, Continuing Education Center for Trainer's of Latvia, C-category sports specialist, yoga sports;

2013 - Bikram Yoga College of India - Certified Bikram Yoga Teacher;

2010 - Aparmita Health Center - Ayurveda Medical Foundation, Member of the Latvian Association of Naturopathy and Holistic Medicine; Patron Dr. Ilona Abele;

2009/2010 - Elisanda Training Center - Certified Aromatherapy Specialist

### **Knowledge of languages**

Latvian - native

English - good

Russian - free

Italian - Conversation

### **Interests**

Sports, Philosophy, Pedagogy, Energy Medicine, Cell Biology, Neurology, Quantum Physics, Music.

Best Regards,  
Iveta Kalniņa



## LATVIAN YOGA SPORTS FEDERATION

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*On 28 September, 2018, Riga, Latvia*

### **Dear Members of International Yoga Sports Federation!**

According to information on the planned elections to the Executive Board of IYSF, the Latvian Yoga Sports Federation would like to nominate our representative Iveta Kalnina for one of Candidate of Vice President of IYSF.

Iveta Kalnina – born on 17 August 1978, LYSF Secretary General, National category Judge, diplomed yoga sports Trainer (Latvian Academy of Sport Education), Bikram yoga Teacher, yoga sports Club “AltA Yoga” Owner and Trainer; before - Master of Economics (Mg.oec), lawyer. Now PhD Student in Latvian Academy of Sport Education – Dissertation theme “The effect of thoughts on the intensity of pain in the lumbar spine”.

### **Iveta Kalnina:**

Currently all my activities and actions in the field of Yoga Sports are directed to 4 main goals:

#### **1) Education, qualification and quality!**

To put in order the existing Yoga system in Latvia, including - the update of issues of education and qualification of Yoga teachers and trainers, clear definition of types, styles and schools of Yoga and explanation of diverse practices to the society. This includes the educational part: training of teachers, trainers, judges, athletes, etc., organizing specific seminars and workshops in Yoga Sports, as well as creating cooperation with Latvian Academy of Sport Education in instructing emerging trainers within the framework of professional education.

#### **2) The practice and competition of Yoga Sports!**

To popularize Competitive Yoga in Latvia and to draw more and more interested people to this type of sport, including athletes from other types of sports or areas, who have concluded their career in the given sport, e.g. gymnastics, dancing and the like;

#### **3) Yoga - a recognized type of sport!**

To achieve the recognition and inclusion of Yoga as a type of sport. At the moment, I have achieved a lot, both in informing the society and the responsible officials, and proving the eligibility of Yoga to sports, therefore



## **LATVIAN YOGA SPORTS FEDERATION**

the responsible sports bodies of Latvia are well-minded and there is basis to hope that Latvia will soon have on more type of sport.

#### **4) The practice of children and youth!**

The most important goal, that I have set for myself is to provide possibility and to attract to Yoga Sports more and more children and youth. In my Club "AltA Yoga" I work with children from the age of 4 and their performance in Latvian Yoga Sports competition was an unique adventure not only for the children, but all the spectators as well. For the competition in Latvia, we have created extra age groups: age 4-6; 7-8; and age 9-10. I would like to ensure, that these small athletes also have the chance to show themselves in the international arena and World Championships. Of course, it would be a challenge to all of us, but isn't Yoga exactly that, right?

These are the main directions, which as the representative of National Federation, I'm developing in Latvia and I will continue the following years. I would be pleased to offer my contribution also in the international level, developing one of my mentioned guidelines in the interests of International Yoga Sports Federation.

#### **My vision for the development of IYSF as Vice President:**

I am very grateful to the current Executive Board of IYSF for their commitment to developing yoga sports all around the World. I believe that everything achieved is very valuable and we are in the right direction for the growth of yoga sports. I believe that the work begun must continue with the same enthusiasm, confidence and professionalism.

For my part, I propose to develop **children's and youth divisions, expanding the age categories of competitors from 7 years.**

In addition, I call for a review of the distribution of the age groups of the current Junior Division. I believe that one age group of 11-17 years is not in line with general sports standards, since it is not possible to ensure maximum comparability between the two athletes. **I suggest to create a more detailed division in age groups every 2 or 3 years, for example, U13 (11-12 years); U16 (13-15 years); U18 (16-17 years old).**

The next thing I would like to do at the international level is **to have every IYSF member host at least 2 qualifying or training competitions per year in addition to the national championship.** The Latvian Yoga Sports Federation annually organizes 2 qualifications and 1 technical competition, in which athletes have the opportunity to gain a stage experience and to train psychological perseverance.



## LATVIAN YOGA SPORTS FEDERATION

The next very important point to be dealt with all together is the **entry of the IYSF into the SportAccord Union**. This entry is the basis for further membership activities for the recognition of yoga sports as a sport in their own Member State.

I have some more actual suggestions and ideas for tracking and developing the Athletes qualifications that I would be happy to share in case IYSF members show interest.

Thank you for your attention and I look forward to your responsiveness on the future development of IYSF.

Together we can!

Best Regards,

Iveta Kalnina  
*Secretary General LYSF*

Aleksejs Pavlovs  
*President LYSF*