

Adrián Alarcón

Resume

Adrián Alarcón is president of the Mexican Yoga Foundation (A Favor de Yoga S.C.) for the 2019 – 2022 term.

Holds a Bachelor's Degree in Communication by the Instituto Tecnológico y de Estudios Superiores de Monterrey Campus Ciudad de México. Specialized in Theatre by the Royal Academy of Dramatic Art in London. Yoga teacher certified by the Bikram's Yoga College of India in 2007. Certified A – Level Judge by the IYSF in 2019.

Twice awarded by the Mexican Theatre Press Association ACPT and once by the Metropolitan Theatre Academy. Twice awarded First Place at the Mexican Yoga Cup.

Performed as MC for the IYSF Continental Exhibitions 2020, World Cup of Yogasana Sports 2021 (on-line) and the World Cup of Yogasana Sports 2022 in India.

Recently performed in “Jeffrey Dahmer” (Art House), “El Repatriado” (Star Plus), “Cindy La Regia” (Videocine) and “Morir por cerrar los ojos” (Foro Shakespeare)