

# CHRISTIAN SCARAGLINO



## CONTACT DETAILS

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## PERSONAL PROFILE

I am a Registered Yoga Alliance teacher with E-RYT 500 & YACEP (Yoga Alliance Continuing Education Provider)

It is my hope to inspire you with my knowledge and humor, to bend your body and uplift your spirit through yoga.

I started my yoga practice in the theater District of New York early 2002. Today with more the 20+ years of teaching and over 7500 teaching hours, I am still leading teacher trainings and workshops and retreats with passion.

I am also a A-Level certified International Yoga Sports Federation Judge, and I have judged in the last international yoga competition in 2022 (iysf.org).

## YOGA STYLES

### BIKRAM YOGA

Beginners, Intermediate & Advanced

### DHARMA YOGA

Gentle, Levels 1 - 4 & Yoga Nidra

### EARTH YOGA (HATHA)

### YIN YOGA



## EDUCATION

Anthropology / Psychology  
SUNY Stony Brook  
Stony Brook, NY  
B. A. Cum Laude 1996

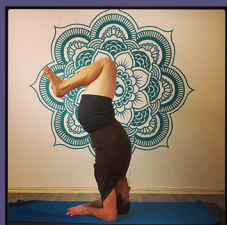
## SKILLS

IT management  
ADOBE Creative Suite  
Experience of doing marketing material  
Flyers Promotional Material  
Photography and Editing

## LANGUAGES

English Native Language

French ●●●●●  
Italian ●●●●●  
Swedish ●●●●●  
Czech ●●●●●  
Sanskrit ●●●●●



# YOGA CERTIFICATIONS

## BIKRAM YOGA 500 TEACHER TRAINING

Los Angeles, USA, November 2002

## DHARMA YOGA 200 LIFE OF A YOGI TT

New York, USA, June 2015

## EARTH YOGA (50 HR)

Malmö, Sweden, January 2016

## GHOSH YOGA THERAPY

Calcutta, India, November 2016

## DHARMA YOGA 500 LIFE OF A YOGI TT

New York, USA, September 2017

## YIN YOGA 50H BERNIE CLARK

Vancouver, Canada, March 2019

## DHARMA YOGA 800 LIFE OF A YOGI TT

New York, USA, March 2019

# EXPERIENCE

## TIGER BRAND YOGA 2002 - PRESENT

### Free Lance Yoga Teacher

Hot Yoga Malmo  
Malmö, Sweden

Yoga Bikram Paris  
Paris, France

Hot Yoga Hellerup  
Hellerup, Denmark

Bikram Yoga Gothenburg  
Gothenburg, Sweden

Hot Yoga Karlskrona  
Karlskrona, Sweden

Bikram Yoga Leeds  
Leeds, United Kingdom

Bikram Yoga Prague  
Prague, Czech Republic

Bikram Yoga Copenhagen  
Copenhagen, Denmark

Bikram Yoga Antwerp  
Antwerp, Belgium

Various Studios  
World wide

## EVOLUTION YOGA 2014 - PRESENT

Sernior Teacher Trainer

## YOGA RETREATS 2016 - PRESENT

Planner, Manager and Organiser :  
Mexico, Costa Rica, Italy & Sweden

## BIKRAM YOGA LIÈGE 2011 - 2014

Co-Founder & Lead Teacher  
Liège, Belgium

## CSC COMPUTER SCIENCES 2008 - 2011

IT Service Manager  
Prague, Czech Republic