



## YOGA TEACHER PROFESSIONAL PORTFOLIO

MY NAME IS AGNIESZKA KOWALSKA AND I WOULD LIKE TO INVITE YOU  
TO JOIN ME IN MY YOGA & MEDITATION JOURNEY.



## ABOUT ME:



**Agnieszka Kowalska** a certified teacher of yoga (RYT 500) with long experience in teaching yoga and meditation. I have been teaching various classes for many years, including:

- Sivananda Yoga
- Yoga BOU (Stick Yoga)
- Hormone Yoga Therapy for Women (Dinah Rodrigues Technique)
- Japanese Anti Aging Facial Massage & Aroma Wellness Therapist
- Sup Yoga
- Yoga for pregnant women ( prenatal/postnatal yoga)
- Yoga for children
- Yoga for seniors
- Yoga for people with back problems and other health conditions (therapeutic yoga)
- Yoga for dancers
- Meditation classes, including relaxation techniques
- Aroma Yoga Nidra
- Yoga & Meditation retreats



## MY YOGA:



At first, yoga was only meant to be a part of my life, but it soon turned into a way of life, a motivation to discover something new and fascinating, an inspiration to discover the world, people, a road to self-realization and happiness.

As an experienced yoga teacher, I always try to make my students leave my classes feeling calm, relaxed and full of positive vibration. I want to feel that they have a good energy, the power to act and a love for the world around them. My motto is:

**FOLLOW YOUR HAPPINESS**



## PROFESSIONAL BACKGROUND:



### THE MOST IMPORTANT COURSES AND TRAININGS INCLUDE:

- Sivananda Teacher Training Course (RYT 500)
- Yoga BOU Teacher Training (Michiko Minegishi Yoga School, Yokohama, Japan)
- Hormone Yoga Therapy for Women (Dinah Rodrigues, Berlin)
- Sup Yoga Teacher Training (KiteWest, Bali)
- Michiko Style Yoga (Michiko Minegishi Yoga School, Yokohama, Japan)
- Pregnancy Yoga (Sivananda Yoga Center Madrid)
- Yoga for Kids (Sivananda Yoga Center Madrid)
- Advanced Asans (Sivananda Yoga Center Madrid)
- Yoga & Food (Sivananda Yoga Center Madrid)
- Therapeutic Yoga Course (Sivananda Yoga Center Madrid)
- Bali Usada Health Meditation Course (Bali Usada)
- Total Yoga Nidra Course (Yoga Nidra Network, UK)
- Thybethian Buddism Meditation (Buddhism Meditation and Teaching Center in Tokyo, Japan)
- Sadhana Intense (Sivananda Yoga Ashram, Nassau, Bahamas)



## YOGA & MEDITATION RETREATS:



I also organize intimate yoga – meditation retreats for those who wish to discover themselves anew, to feel that they have positive energy, the power to act a love for the world around them. We will try to travel together, meet interesting people, practice yoga and meditate in magical places, where we will discover ourselves anew, in harmony with body, soul and mind.

*Bliss In Me has been created for You... from Love to Happiness...*

Om Namah Sivayah

**Agnieszka Kowalska**

**Bliss In Me**

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