

Sara Carvalho



- **2022** 25-Hour Yoga Teacher Intensive "The Refinement of Yoga Asanas" with Mark Stephens
- **2022** Points of You Training - L.1 Hello Points Workshop and L.2 Creative Practice Workshop – Meraqui.pt
- **2021** Launched my project Saar Essence Yoga - Return to your Essence
- **2020** Yoga Teacher RYT-200 - Registered Yoga Teacher by Yoga Alliance - Move Art in Training & CoachingmbH
- **2019** Reiki - level 1 - Judite BomQi - @bom.qi
- **2019** Time for Me Retreat - Bali - Sandra Matos - @rugas_de_mae
- **2019** Certificate of yoga for babies, children and families - Yoga Alliance International - @escola_babyoga_portugal
- **2018** Transcendental meditation course – TM-Center Basel
- **2018** Beginning of the Self-knowledge process @anatorres_engenhariadoser

Tel. 078 603 55 21

hello@saaressence.com

www.saaressence.com