



BEATRICE IULINI

I am 43 years old and I am a Yoga teacher. In the last eighteen years I have been following a personal research path that joins a psycho-synthetic background with the study and practice of eastern mental and body practices (Yoga, Meditation, Ayurveda).

Since 2000 I have practiced and devoted myself to the spreading of Sri Sri Ravi Shankar's Yoga, Meditation and Breathing techniques. Sri Sri Ravi Shankar is a spiritual Leader and founder of the Art of Living Foundation, a Non Governmental Organization with the mission of spreading human values and life quality through the Yoga knowledge; it is recognized by the United Nations, active in over 140 countries and it collaborates with the World Health Organization.

Within the Foundation I am currently qualified as:

- * **Sri Sri Yoga teacher**, with a diploma obtained at the Ved Vignan Maha Vdya Peeth (Bangalore, India) school and recognized by the Indian government
- * **Water Breath and Sound Teacher**, introductory class to the Art of Living class techniques (Art of Living Foundation)
- * **Teacher of ART OF LIVING PART 1 course**, and authorized to the teaching of the Sudarshan Kriya Yoga® (The Art of Living Foundation)
- * **Operator for ayurvedic massage: Shiroabhyanga & Mukabhyanga (face and head) and Marma**, according to the Art of Living Ayurveda Cosmetics methods.

I hold Sri Sri Yoga classes and seminars (both collective and individual) and lead Yoga paths for personal Empowerment, stress relief, both personal and professional Life Quality improvement within firms.

I am the coordinator of Sri Sri Yoga teachers at European level.

Since 2005 I am founder and part of the executive committee of AIVU Onlus (International Association for Human Values) founded by Sri Sri Ravi Shankar as partner association of the Art Of Living Foundation having as a mission the promotion and sustainability of humanitarian projects as well as cooperation projects based on the reaffirmation of human values, practice of yogic breathing techniques and of the Sudarshan Kriya® as an instrument of human rehabilitation and full human potential.

Since 2000 I am teacher of "Well Being Psychology" at the UNIGOLD University – Dragan Foundation in Milan, where I hold annual classes based on different topics ("Self-esteem", "From conflict to harmony", "Self awareness") integrating the yogic wisdom knowledge with the most recent evolutions of humanistic psychology.