



IVA BUZHASKA

YOGA TEACHER

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LINKS

Iva, Yoga & the Arts:
<http://www.ivabuflies.com>

SPARK YOUR JOY PODCAST:
<https://www.ivabuflies.com/the-podcast>

ABOUT ME:
<https://www.youtube.com/watch?v=rqVom7vVYw&t=616s>

Instagram:
<https://www.instagram.com/ivabufliesyoga/?hl=en>

EDUCATION

YOGA NIDRA TT 30HRS

YOGA WITH KRISTEN,
ONLINE
2022

Online Teacher Training Programme in Yoga Nidra, a meditation that carries one into a profound healing state between waking and sleeping, reaching a deeper state of consciousness. When one reaches this space, one feels the senses of stillness, peace and connection to the whole.

PRANAYAMA TT 10 HRS

DE NIEUWE
YOGASCHOOL,
AMSTERDAM, THE
NETHERLANDS
2022

Pranayama training - a study diving deeper into the practices of breath and purification work.

HOLY FIRE USUI REIKI LEVEL 1

SPIRIT OCEAN HEALING,
ONLINE
2021

Learning under Usui Reiki System of Healing with a placement of Holy Fire III Reiki Energy; Japanese Healing Techniques; Energetic Protection Methods; Self-session techniques.

200 HRS YTT

SCHOOL YOGA
INSTITUTE, PERU
2019

Yoga Teacher Training, guided in the ancient shamanic teachings of the Peruvian medicine wheel.

COURSES

DE-MYSTIFYING MINDFULNESS

LEIDEN UNIVERSITY
MAR 2022

TRAUMA RECOVERY. TECHNIQUES AND PERSPECTIVES FROM THE YOGA TRADITION

EMBODIED PHILOSOPHY
JAN 2021

YOGA AND HINDU MYTHOLOGY

YOGIC STUDIES
SEP 2020

TIBETAN WISDOM: THE FIVE ELEMENTS

PURA AMRITA
JUN 2020

THE STORY OF OM: SACRED SOUND AND THE VEDIC ROOTS OF YOGA

YOGIC STUDIES
NOV 2019

SKILLS

- Creative, Analytical, Enthusiastic, Open-minded Proactive, Communicative, Flexible, Team player
- SocialMedia: Instagram, Facebook, LinkedIn, Mailchimp, Adobe Creative Cloud: Adobe Photoshop; Photoshop Video Editor. Technical Skills: Microsoft (Word, Excel, PowerPoint), Google Docs, CRMs, Wix, Wordpress, Squarespace.

ABOUT ME

- As a Yoga Teacher and Arts & Mindfulness Educator my interests are in the fields of mindfulness, yoga philosophy and practice, embodiment, inner transformation and creativity. My mission is to help people around the world to connect to their true self through yoga and embodiment practices for creativity.

WORK EXPERIENCE

PRANAYAMA & YOGA NIDRA TEACHER | JAN 2021 - PRESENT

IVA, YOGA & THE ARTS, ONLINE

Online classes via zoom: Pranayama & Yoga Nidra to Create a Healthy Routine and Increase Lung Capacity, Calm the Mind and Bring Joy.

YOGA AND MINDFULNESS TEACHER | MAY 2021 - AUG 2022

SHA WELLNESS CLINIC, ALBIR, SPAIN

Offering 11 classes of Yoga, Pranayama, Mindfulness and Meditation techniques to the guests of the clinic.

YOGA TEACHER | AUG 2019 - OCT 2022

DREAMSEA MEDITERRANEAN, BENITACHELL, SPAIN

Teaching daily morning Vinyasa flows.

ARTS AND MINDFULNESS TEACHER | SEP 2016 - DEC 2018

LADY ELISABETH SCHOOL, BENITACHELL, SPAIN

Teaching Arts and Culture to different ages; creating a culture of thinking. Incorporating Mindfulness practices and art pedagogies into the classroom.

YOGA TEACHER WORLDWIDE | FEB 2020

SELF-EMPLOYED, SRI LANKA, CROATIA, PERU, MOROCCO, SPAIN

Yin, Hatha and Vinyasa Yoga Teacher; Teaching Meditation and Pranayama as part of the classes.

PROJECTS

SPARK YOUR JOY PODCAST

Spark Your Joy. Encounters with Spirituality and Creativity is a monthly podcast dedicated to the exploration of spirituality, creativity, and everything in-between. Each month I interview international artists, filmmakers, musicians, sound healers, yoga teachers, life and career coaches, creatives, wisdom teachers to share their life path and perception of spiritual and creative.

CONSCIOUS CREATIVE RETREAT | COSTA BLANCA, SPAIN | OCT 2022

Yoga and Arts Retreat that aims to bring awareness and help people find peace within through embodied art experiences, mindfulness, yoga practice, and meditation.

EXHIBITION 'OTHERS', NATIONAL ART GALLERY | SOFIA, BULGARIA | JUN 2018

Presenting theoretical ideas about the impact of biotechnologies in current society expressed through and challenged by artistic practice.

EDUCATION THROUGH ARTS PROJECT | AMSTERDAM, THE NETHERLANDS | SEP 2016

Creating and developing museum education strategies for transmitting knowledges through contemporary art practices with the aim of raising awareness of important questions of social value.

WORKSHOPS

MINDFULNESS IN ART SPACE | DAY COLLECTIVE ART STUDIO, AMSTERDAM, THE NETHERLANDS | MAR 2022

PARTNER YOGA WORKSHOP | DREAMSEA MEDITERRANEAN SPAIN | AUG 2020

PRANAYAMA WORKSHOP | VIRTUAL BY MINDSPACE, AMSTERDAM, THE NETHERLANDS | MAY 2021

PRANAYAMA WORKSHOP | OBONIJAN ISLAND, CROATIA | JUL 2019

LANGUAGES

- English
- Dutch
- Bulgarian
- Spanish
- Italian

VOLUNTEER

THE INNER PEACE NETWORK | AMSTERDAM, THE NETHERLANDS | JUN 2021

THE CONSCIOUS CLUB | AMSTERDAM, THE NETHERLANDS | JUN 2018

ENVISION FESTIVAL | UVITA, COSTA RICA | FEB 2018

PUBLICATIONS

EXPLORING NEW SPACES OF EXPERIENCING THE WORLD WITH DAY COLLECTIVE

UNBORE COLLECTIVE
DEC 2021

THE POWER OF MANTRAS

OMFLOW YOGA
JAN 2021

YIN YOGA EXPLAINED FOR BEGINNERS

OMFLOW YOGA
DEC 2020

WHO AM I? THE SELF THROUGH THE VIEWPOINT OF YOGA AND THE ARTS

ELEPHANT JOURNAL
DEC 2020

THE SPACE OF CHORA. A PERSPECTIVE ON CONTEMPORARY ART

LEIDEN UNIVERSITY
JUL 2017

HOBBIES

Arts, Philosophy, Yoga & Meditation, Psychology, Teaching, Travels, Performance, Movement, Embodiment, Exploration, Creativity, Writing, Mental And Physical Health.