

Iva Buzhashka



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Art Historian

Iva Buzhashka is an Art Historian and Wellness Coach with international experience across Spain, the Netherlands, Italy, Denmark, and Bulgaria. With a Cum Laude MA in Arts and Culture from Leiden University, her research focuses on embodiment and contemporary visual art as a space of transformation. Her curatorial approach integrates academic research with embodied practices, supported by her background in yoga and somatic exploration, and her upbringing in a family of architects and art collectors.

Languages

English
Spanish
Dutch
Italian
Bulgarian

Links

[Iva, Yoga & the Arts](#)
[Spark Your Joy](#)

Education

1 YTT

The School Yoga Institute, The Sacred Valley of Peru

2019 – 2019

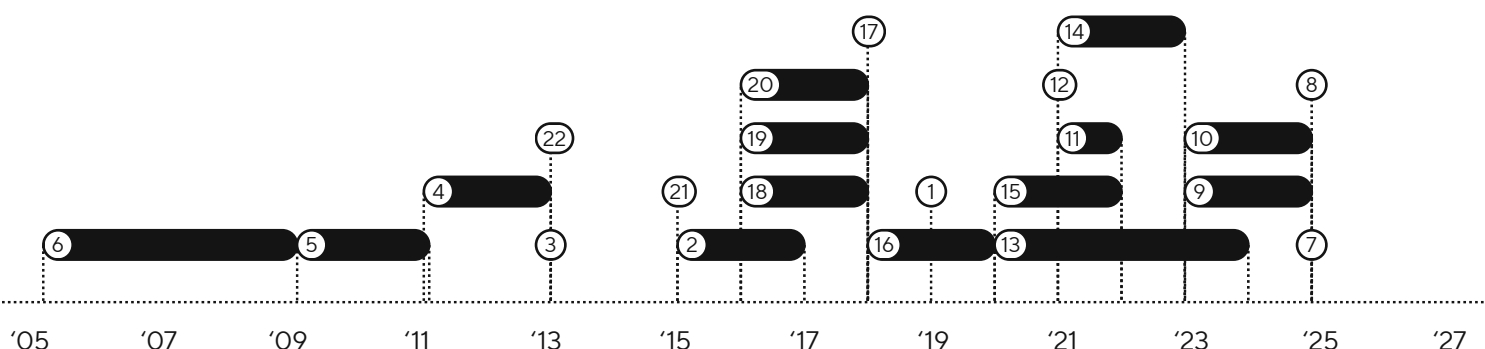
Yoga Teacher Training at the [School Yoga Institute](#): an immersion in the Andean highlands, deeply rooted in the ancient shamanic teachings of the Peruvian Medicine Wheel, flowbased Vinyasa sequences, daily pranayama and meditation, sacred cacao/Andean ceremonies, anatomy & yoga philosophy workshops, embodiment coaching, and a

2 Master's Degree in Arts and Culture

Leiden University, Leiden, the Netherlands

2015 – 2017

Cum Laude in Arts and Culture at [Leiden University](#): The Art of Contemporary World and World Art Studies; Art, Science and Ethics; Art theory; Philosophy of Culture. The MA thesis text, [The Space of Chora – A Perspective on Contemporary Art](#), opens up a new perspective towards contemporary visual arts through the viewpoint of Plato's notion of χώρα (chôra) – a view that helps to better understand art's



commitment to integrating ritual, nature and community in the journey toward transformation.

③ Erasmus Exchange

Copenhagen University, Copenhagen, Denmark

2013 – 2013

Arts and Anthropology Studies at the University of Copenhagen with a research topic *Ritual patterns in art from antiquity until current times.*

⑤ Specialisation

University of Rome 'La Sapienza', Rome, Italy

2009 – 2011

Specialisation in History, Philosophy, Art History at the University of Rome 'La Sapienza'.

role in society, as in Plato's philosophy it refers to the in-betweenness of the world's creation.

④ Master's Degree in Art History

NBU, Sofia, Bulgaria

2011 – 2013

Master's Degree in Art History and Philosophy of Art at the New Bulgarian University, with thesis title: *Byzantine tradition in Modern Art: Ivan Milev.*

⑥ Bachelor's Degree in History and History Teacher

Sofia University, Sofia, Bulgaria

2005 – 2009

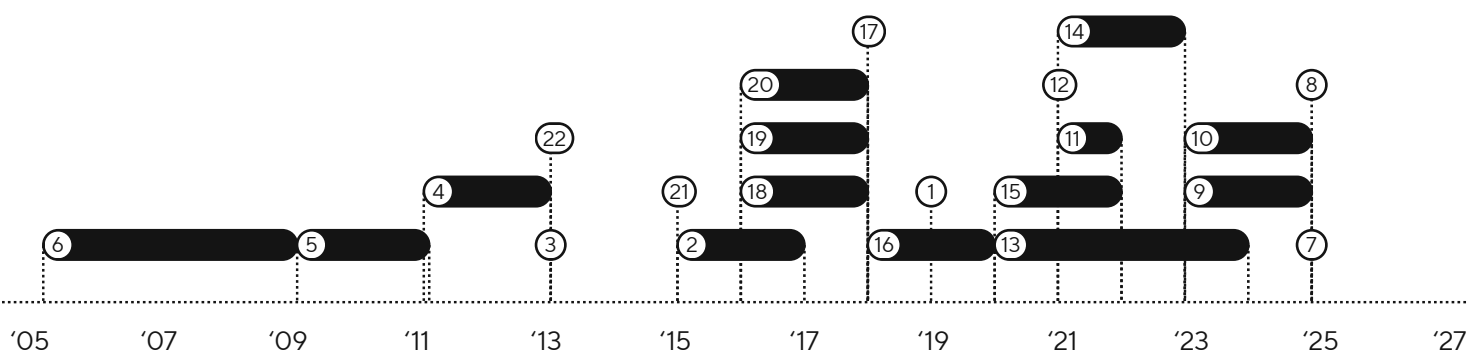
Bachelor's degree in History and Teacher of History at the Sofia University: Political history; Archival science; Archaeology; Ethnology.

Specialisation in Ancient History.

Pedagogical qualification: History Teacher

PUBLICATIONS

- A text about the art collection of Art9 Gallery Moraira (in progress).
- A Book Review for the Journal Tijdschrift voor Genderstudies by Amsterdam University Press (in progress).
- Embodying Art: Exploring New Spaces of Experiencing the World with DAY Collective | Unbore Collective
- It Won't Be Long Now, Comrades! | Framer Framed Magazine
- The Space of Chora. A perspective on Contemporary Art | Leiden University
- The Modular Body: The Epistemological Force of Art
- Byzantine Tradition in Modern Art: Ivan Milev | Liternet



PROJECTS

7 Curator I Exhibition on Water

Moraira, Spain

2025 – 2025

Curating an art exhibition for a luxury boutique hotel villa on the Costa Blanca, centered on the theme “*Water as a Site of Transformation in the Arts.*” The project integrates contemporary artistic practices with wellness experiences, offering guests a holistic and immersive environment. In addition to curatorial work, providing personal coaching and leading yoga classes as part of the hotel's wellness program (in progress).

9 Dream Your World Into Being Coaching Programme

Online

2023 – 2025

A 12-weeks 1:1 transformational journey, inspired by the ancient teachings of the Peruvian Medicine Wheel and dedicated to the exploration of your authentic self, so that you can start living a life aligned with your truth.

11 Conscious Creative Retreats

Costa Blanca, Spain

2021 – 2022

Conscious Creative Retreats, Costa Blanca, Spain

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

Gust Curator I Exhibition ‘Others’

Sofia, Bulgaria

2018

Exhibition ‘Others’ I Invited by The Fridge to Sofia City Art Gallery

8 Exhibition Kandinsky

Andorra La Vella

2025 – 2025

A Talk: Byzantine tradition in the art of Kandinsky, Centre d'Art d'Escaldes-Engordany, Andorra (2025).

10 Spark Your Joy Podcast

Online

2023 – 2025

Host of Spark Your Joy. Encounters with Spirituality and Creativity is a monthly podcast dedicated to the exploration of spirituality, creativity, and everything in-between.

12 Curator I Tete-a-Tete Exhibition

Amsterdam, the Netherlands

2021 – 2021

„Tete-a-Tete Exhibition” I Herengracht 401, Amsterdam, the Netherlands

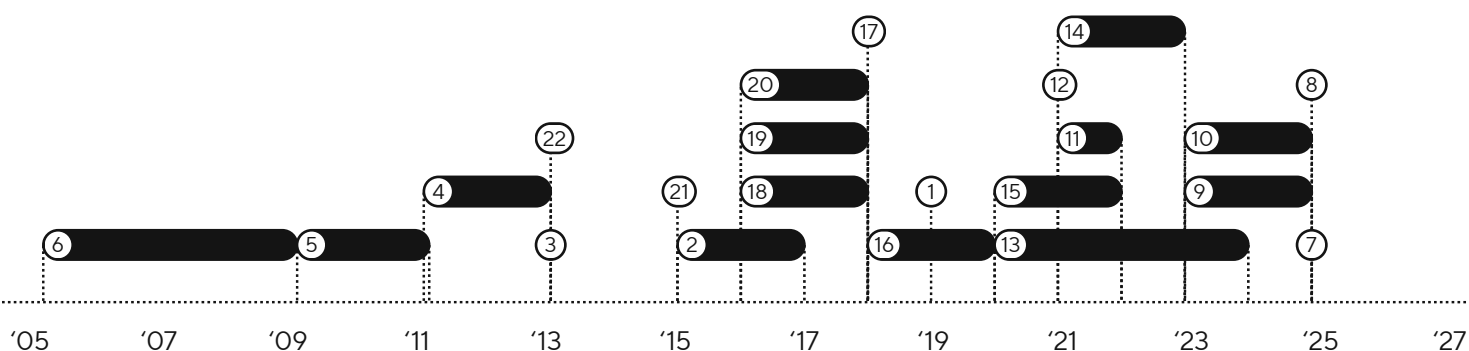
Participation as curator and art theorist in the exhibition Tete-a-Tete Tryptich by the artist duo DAY Collective in the space of Herengracht 401 in Amsterdam, the Netherlands.

Art Education Project

Amsterdam, the Netherlands

2016

Art Education Project I Framer Framed, Amsterdam, The Netherlands



Presenting The Modular Body by the Dutch artists Floris Kaayk and my theoretical ideas about the impact of new media and biotechnologies in current society expressed through and challenged by artistic practice.

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. Hosting various exhibitions and creating art education strategies for the museum.

WORK EXPERIENCE

13 Conscious Entrepreneur – Yoga & Life Coaching

Moraira, Costa Blanca, Spain

2020 – 2024

Founded and developed my own yoga and coaching business, supporting individuals at major life crossroads through mindfulness and personal development tools. Built and managed the full brand ecosystem, including a website, YouTube channel, Instagram, and a Mailchimp newsletter. Developed a strong presence and a growing international audience.

15 Guest Arts & Mindfulness Teacher

International School The Lady Elisabeth, Cumbre del Sol, Benitachell, Spain

2020 – 2022

Led interactive group sessions combining art therapy, pranayama, and mindfulness practices for international students at the Lady Elisabeth International School. Focused on emotional awareness and engagement through art, fostering a deeper understanding of how individuals connect with visual experiences.

17 Art Sales Assistant

Envision Festival , Uvita, Costa Rica

2018 – 2018

Engaged with international guests to present and sell visionary art pieces in the dynamic, high-energy festival environment of Envision Festival. Provided background on artists and artworks, built rapport with potential buyers, and

14 Wellness Coach and Yoga Teacher

Sha Wellness Clinic, Albir, Costa Blanca, Spain

2021 – 2023

Delivered personalised wellness coaching and yoga instruction to the clientele of the internationally renewed SHA Wellness Clinic. Developed tailored wellness programs integrating physical, emotional, and mental health. Promoted mindfulness and stress reduction techniques to enhance overall well-being.

16 International Yoga and Wellbeing Coach

Freelance, Morocco, Sri Lanka, Spain, Peru, Croatia

2018 – 2020

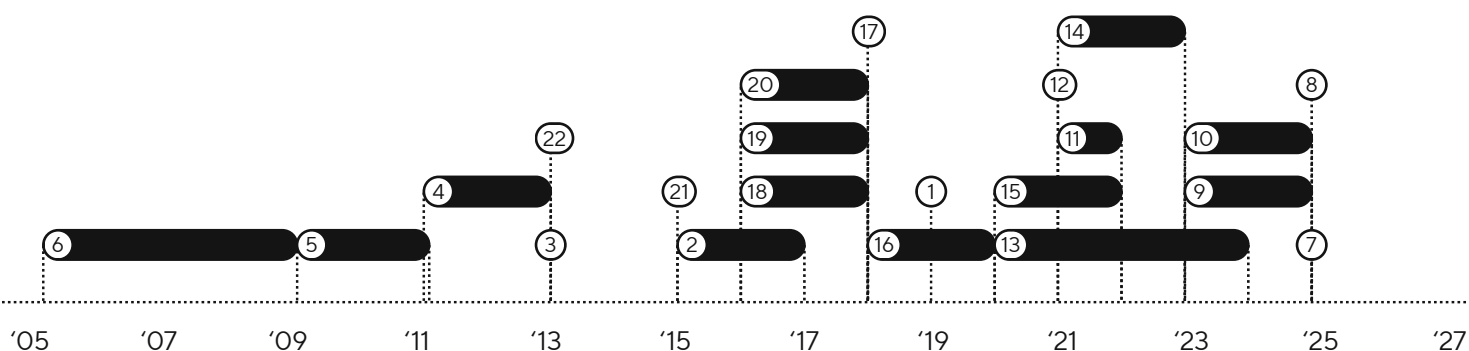
Taught yoga and coaching sessions in Morocco, Sri Lanka, Spain, Peru, and Croatia after completing training in the Sacred Valley of Peru. Developed strong interpersonal skills, cultural sensitivity, and the ability to guide individuals through meaningful, emotionally driven somatic experiences. Sacred Valley of Peru.

18 Arts and Culture Educator

Bulgarian School Amsterdam, Amsterdam, the Netherlands

2016 – 2018

Taught arts and culture to children at Bulgarian School Amsterdam using interactive, creative, and hands-on



supported onsite logistics. Strengthened skills in storytelling, client engagement, and art sales within a multicultural setting.

19 Art Gallery Assistant and Sales

Kattenkabinet Museum, Amsterdam, the Netherlands

2016 – 2018

Provided front-line guest service at the Kattenkabinet Museum by handling in-person, phone, and email inquiries with professionalism. Managed sales transactions in the museum shop, processed billing, and guided informative tours, offering visitors an engaging and culturally enriching experience. Developed strong communication and customer engagement skills, along with experience in promoting and selling art-related products.

21 Art Gallery Assistant

Mediamatic Amsterdam, Amsterdam, the Netherlands

2015 – 2015

Coordinated and supported the planning, setup, and execution of exhibitions, working closely with the marketing and production teams at Mediamatic Amsterdam. Acted as the main point of contact for visitors, offering tours and detailed information about the artworks and programs. Assisted in preparing gallery spaces for exhibitions, workshops, and events, including a plant-based restaurant and bar. Gained valuable experience in art presentation, visitor engagement, and cross-departmental collaboration in a contemporary art setting.

methods, inspired by Montessori, Dalton, and Reggio Emilia approaches. Created an inspiring, engaging environment that fostered curiosity and trust—key in building lasting relationships.

20 Art Gallery Assistant

Framer Framed, Amsterdam, the Netherlands

2016 – 2018

Welcoming guests and providing general information about the exhibitions of Framer Framed; interacting with art collectors and artists, assisting them with inquiries and potential transactions, informing visitors about current and upcoming shows and events to generate interest; assisting with installation of the exhibitions.

22 Art Gallery Assistant

Copenhagen Photo Festival, Copenhagen

2013 – 2013

Welcomed and guided visitors, providing insightful information about exhibitions and artists to enhance the guest experience at the Copenhagen Photo Festival. Assisted with exhibition installation and display coordination, ensuring a polished and cohesive presentation. Gained valuable experience in public-facing communication, visual presentation, and art promotion.

Art Talks

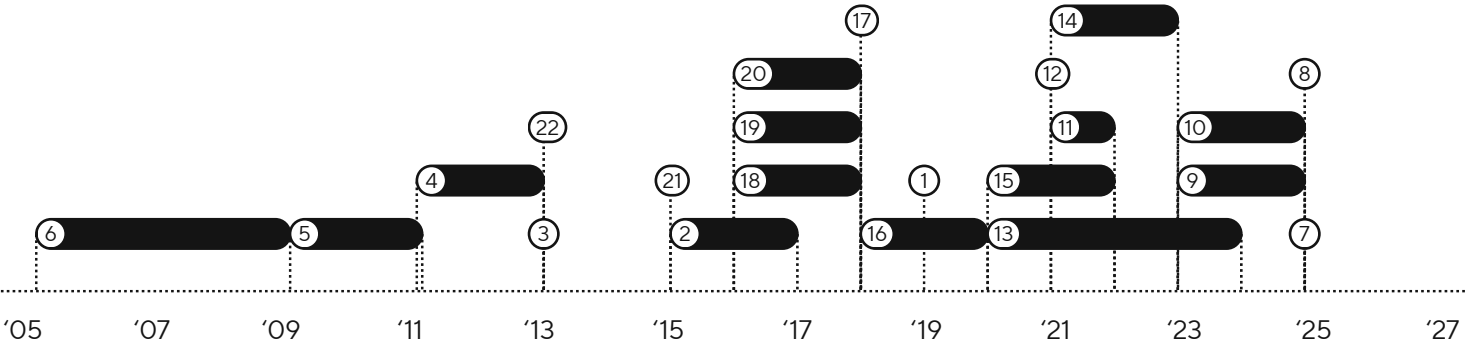
- Byzantine tradition in the art of Kandinsky, Centre d'Art d'Escaldes-Engordany, Andorra (2025).
- Talk about the work of the artist duo DAY Collective's

Yoga And Coaching Talks

- Four Steps to Start Living Your Truth, Healing Garden Festival, the Netherlands (2023).
- Four Steps to Transform Your Life, Sun & Co, Javea, Spain (2023).
- Living Life in Connection and

Creative Retreats

- Conscious Creative Retreat on Costa Blanca, 2022
- Mini Art and Yoga Retreat, Costa Blanca, 2022



project Tete-a-Tete at the space of Herengracht401 in Amsterdam, NL (2021).

- Talk at the group exhibition 'Others' at Ogms at City Art Gallery, Sofia, Bulgaria (2018).

Truth I Workshop at L'espai Comboi Javea, Spain (2023).

- Breath is Life. Workshop at *Virtual* by Mindspace (2020).
- Pranayama and our life. Obonjan Island (2019).

SKILLS

Microsoft Office (Word, Excel, Power Point), Google Docs, CRMs, Wix, Wordpress, Squarespace; Social media: Instagram, Facebook, LinkedIn, Mailchimp; Adobe Creative Cloud: Adobe Photoshop, Photoshop Video Editor; Personal Skills: Creative, Analytical, Proactive, Communicative, Team Player.

Hobbies

Arts, Philosophy, Yoga & Meditation, Teaching, Travels, Creativity, Writing.

