



MONTSE GILI

HATHA | VINYASA | YIN | RESTORATIVE

CONTACT

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YOGA TRAINING

500 hrs. Yoga Alliance certificate,
Hatha Yoga, Vinyasa and yoga Nidra
at Samatva Yogalaya,
Rishikesh, India
Oct – Dec 2018

220 hrs Hatha yoga TTC
with Yogacharya P.R. Monaghan
at Shiva Yoga International
Liverpool, UK.
May – Dec 2017,

WORKSHOPS AND OTHER TRAINING

10 days Vipassana Meditation
Theravada Traditional Monastery
Thailand

2 weeks intensive at
Sivananda Ashram, Kerala, India

3 weeks intensive retreat at
Purna Yoga, Phokara, Nepal

SOCIAL

facebook: [@soyoga.montse](https://www.facebook.com/soyoga.montse)

Instagram: [@montse.gili](https://www.instagram.com/montse.gili)

ABOUT

I have been a yoga practitioner since the late 90s; forever a student, I am passionate about sharing what I know with kindness and humour. My classes provide a slow-paced, mindful experience that will give you time to sink into poses and become more aware of your breath and alignment. Ideal for beginners, as well as for more experienced yogis that want to improve their overall strength and flexibility.

EXPERIENCE

- Online Private and Group classes,
SOYOGA, self-organised classes and workshops.
- Hatha, vinyasa, power, yin, restorative and yoga Nidra teacher
YOGA IN VANG VIENG studio, Laos.
Other: responsible for marketing, social media and scheduling.
- Vinyasa Flow and Hatha Teacher
ECO EDEN resort in Kampot, Cambodia
Other: guest hosting duties.
- Hatha, Vinyasa and Yin teacher
EDEND GARDEN AYURVEDA Health Retreat in Varkala, India.
Mainly working with people suffering from various health issues and undergoing Ayurvedic treatments.
- Co-founder of JOURNEY WITHIN Retreats in Wales and Spain,
yoga with life coaching.
Other: Planning, booking venue, marketing, social media managing and content, looking after guests and follow up
- Organised, marketed and delivered drop-in regular classes in Liverpool
- Workshops: 'In depth sun salutations' and 'safe backbends'

WHAT OTHERS SAID

"Montse takes the fear out of yoga and allows you to go at your own pace. She gets to know you and your body and gently pushes you when she knows you can do more. Always with warmth and humour. She has changed the way I practice yoga"
Alice Bunker-Whitney