



MONTSE GILI

HATHA | VINYASA | YIN | RESTORATIVE
E-RYT® 200, RYT® 500

ABOUT

A yoga practitioner since the late 90s, I'm forever a student equally passionate about sharing what I know with kindness and humour. I create mindful and relaxed experiences that help you become more aware of your body, breath and alignment as well as go deeper into the fascinating and vast subject of yoga. Yoga for your mental and spiritual wellbeing. Classes in English and Spanish.

EXPERIENCE

- Outdoor classes on the beach in Ibiza, sunset and others. Privates and Groups.
- Private and Group classes online SOYOGA, self-organised classes and workshops.
- Corporate Online for iTech Media (weekly online classes)
- Teacher at The Om Institute, US-based online studio.
- 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
- 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, UK

WORKSHOPS: 'Seasonal Yoga', 'Reset and Create a vision for the year', yoga with journaling, 'In-depth sun salutations', 'Safe backbends', Yamas and Vinyasa Series of workshops, etc

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

CONTACT

Phone: +44 7957 403 918
+34 621 017 568
E: soyoga@montsegili.com
www.montsegili.com

YOGA TRAINING

200 hrs.certificate in Yin Yoga Therapy with Alexandra Denking M.D. (Acupuncture) Goa, India February 2023

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

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

WORKSHOPS & OTHER

10 days Vipassana Meditation in Wat Pa Tam Wua Theravada Monastery Thailand

Various intensive retreats at Sivananda Ashram, Kerala, India

3 weeks intensive retreat at Purna Yoga, Phokara, Nepal

Continuous Education, workshops and courses in Yin yoga, Philosophy, Somatic Movement, Vinyasa, etc..

SOCIAL

facebook: @soyoga.montse
Instagram: @sunset_yoga_ibiza
YouTube: @MontseGili.Soyoga