

Rocio Minguéz Sparrowe

Yoga instructor - Hatha | Vinyasa | Prenatal/Postnatal | Kids

200h Yoga Alliance Certified | 85h CET Prenatal Postnatal Yoga - YA ID 215984

INTRODUCTION — I firmly believe that **Yoga is for everyone**, and I have taken it as my mission to prove that to as many people as possible. I practiced Yoga for 7 years before turning into my job. During this time Yoga became a part of me, and it flourished in every aspect of my life. After 13 years in the corporate world, in the field of marketing communications, I decided to make a life change, and do something more meaningful. I find being a Yoga Teacher is a much more rewarding experience that gives an experience of wellness directly to people.

I try to always adapt my classes to the students, so that nobody feels lost or out of place. My aim is to make them feel relaxed and energized at the end of the class. Not exhausted and depleted. I use pranayama and visualizations to settle before the practice, and also at the final relaxation. Adding bits of Yoga philosophy and psychology of the chakras here and there starts awakening curiosity. My focus is strongly on alignment and subtle points, to build a good foundation with beginners. My classes are always different, I include a challenge or a novelty in every session and always have music that goes along with the intensity. I bring to the class not just my Yoga knowledge but all my professional experience and my life experience.

BORN

29 September 1982 Madrid, Spain

LIVING

Singapore

CONTACT

+65 9652 9182

rocio.minguez@gmail.com

sparrowebites@gmail.com



Experience *(Based in Singapore)*

Freelance Yoga Teacher

October 2014 - to present date

More than 330h of teaching experience

Morning Groups - I conduct regular Hatha-Vinyasa classes for women. Between 30 and 55 years old, three times a week in Cliveden Condo, and once in Tanglin Park. Each class is usually two to seven people. They suffer from lower back pain, neck pain and menopause symptoms, so I often use Yoga Therapy to provide relief

Evening Groups - Hatha-Vinyasa classes for men and women that work. Stretch and relaxation. One hour a week in both Cliveden and Tanglin Park.

Men class - Between 32 and 39 years old. Active people that practice sports regularly (basketball, weight training, football and golf) but have stressing jobs and spend too much time sitting down. Focused on cardio, hips, shoulders and lower back.

Private classes - I conduct regular private classes with 5 students that have busy schedules and need flexibility. Also ad-hoc sessions for visitors or students of regular classes looking to progress individually. Special sessions like Family classes, toddlers, couples sessions are also available.

Mums & Babes - I started assisting Morgan Galway in Pure Yoga. I helped her watch out for the babies that crawl and ensure the mothers can practice without worries. As my prenatal students gave birth they started postnatal and mums with babies class before coming to regular classes. Currently I run a regular weekly class for mothers and babies in Tanglin Park. 3-5 months old

Kids Yoga - Encouraged by my regular students and my ability to connect with children, I started conducting Kids Yoga sessions in Cliveden (8-10 years old) and Tanglin Park (5-7 years old). This is by far the most fascinating experience as a Yoga Teacher. I also conduct ad-hoc sessions during the school holidays. Each class consists of 8 different activities and games to encourage focus and body awareness.

Sound Meditation Therapist *(Based in Singapore)*

With Himalayan Singing bowls November 2014 - to present date

Private sessions include reading and theory of the chakras (physical and psychological) and pancha kosha. The objective is to provide balance and deep relaxation using my set of hand made brass himalayan singing bowls, with different techniques.

I'm a Sound Therapy Master practitioner with more than 20h of experience in 1:1 sessions. With the guidance of my master Gunjan Trivedi from [Wellness Space](#) I continue learning to become a teacher trainer, and providing data for his case studies.



Workshops, events and collaborations

- Pure Yoga Workshops: 7days for 7 chakras with Punam Rai, Michelle Ricaille. Self Realization by Andrei Ram Om
- Retreat: 3HO Kundalini Yoga 11/11/11 event. In Rishikesh India.
- Asia Yoga Conference in Hong Kong. Sessions by Ashley Turner, Anodea Judith, Carlos pomedá, Mark Laham, David Life and Shannon Gannon.
- Carlos Pomedá Siva sutras workshop. Space and Light yoga, Singapore.
- 15h Prenatal Trainer, Collaboration with Union Yoga and Ayurveda, Singapore.
- **Assist and Empower** (Hands on Assists) workshop - New Angle Yoga on 27-28 May
- **Awaken your Senses** (2h meditation) - Collaboration with nutritionist Tansy Boggon - Balanced Living, 27 Sept

Coming up

Aerial Yoga 30h CET - Theory and practical hours finished. 10h away from completion of clocking of teaching hours.

Reiki Master - Upgrading from my current Reiki Practitioner level certification to level II and Master.

Summary

Excellent communicator
Great observation skills
Adapts class to students
Culturally adaptable
Great Empathy
Promotes inclusion
Motivates and inspires
Educates and entertains
Makes people feel good
Fast and hungry learner

Education

• 2017 CET Prenatal Yoga - 85h - Union Yoga and Ayurveda Singapore

• 2016 Hatha Yoga Instructor 200h - Vyasa, Singapore

• 2006. Master in Marketing Management. ESIC Marketing and Business School, Madrid

• 2000/05 Bachelor in Advertising and Public Relations, Rey Juan Carlos University. Madrid

Testimonials

Available on my website:

www.sparrowebites.com/testimonial