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Mama Earth

carlaaspesberger.com

SKILLS

- Pranic Alignment Yoga
- Kundalini Yoga
- Yin & Reiki Yoga
- Hatha & Vinyasa Yoga
- Numerous Breathwork modalities (SOMA, alchemy, wimhof, shamanic, vayu, kriya and trauma)
- Theta Healing
- Holistic Healing (crystal, dream, reiki, matrix reimplanting, sound healing)
- Human design & Gene keys
- Teacher training content writer
- Trauma coach & Integration Therapist

EDUCATION

BACHELOR OF SCIENCE & PSYCHOLOGY

University of Stellenbosch (2008-2012)

RYT 500HR- NADA YOGA

Nada Yoga in Rishikesh (2015)

HOLISTIC HEALING - 8 COURSES IN 1

Healing Hands (2015)

PRANIC ALIGNMENT YOGA (100HR)

Vayus gate & Parveen Nair (2020)

YIN YOGA (100HR)

Xhale (2016)

SOMA BREATH

SOMA Breath online (2018)

Carla Aspesberger

BREATH MASTER & YOGA TEACHER

As a yoga teacher and breathwork facilitator I strive for students to connect to the deeper teachings yoga has to offer through their breath and inviting different postures through the body. The sense of self we refer to mostly is the feeling in each moment that we are subjects internal to our bodies. The feeling of being inside our heads. It is this feeling that is also referred to as the ego.

This feeling we call "I", is itself the product of thought. Having an ego is what it feels like to be thinking without knowing that you are thinking. Yoga & breathwork offers a sacred pause so awareness can remember its innate freedom.

In this way it offers Self-Realization, the primordial goal and purpose.

EXPERIENCE

INTERNATIONAL YOGA STUDIOS

I have worked at some beautiful yoga studios across the world and taught classes, workshops, masterclasses and teacher trainings. I taught small classes of 5 up to big groups of 90)

- Yoga Nation (2016-2017)
- JaiYoga (2017)
- Hot Flow Yoga, Yogaspot, Tula (2018-2021)
- Sunset Hill , Orion (2021)
- Ikal, Temachtiani (2022-2023)

BREATHWORK FACILITATOR

I have worked with companies and clients in person and online supporting them with through their journey to Self-Realization. I also created my own modalities of breathwork passed down through my teachers and through channeling.

- SOMA Breath (2018 - 2022)
- Divine Interest (2015 - 2023)
- Moondust Project (2022 - present)

INVOLVEMENT

I have been privileged to be invited onto amazing apps, work with people who are masters in their field and support amazing projects.

- Hannah Barrett Yoga (Yoga happy app) - we still collaborate on breathwork and yoga
- Mariel Witmond (Mindful Sonder app) I mentor her and we collaborate and have a TTC on the way.
- The breath source app (I am a master instructor on there)
- Insight Timer app (I share meditations, breathwork and yoga on there)
- Soul academy (I am a course creator for this Brazilian school for consciousness)