



MARINELLA BENELLI

# Certifications & Cont Ed

2014 THROUGH 2020

2020

Ayurvedic Postpartum Doula Course, with Center for Sacred Window Studies, online

2019

Total Yoga Nidra Facilitator Training, with Nirlipta Tuli and Lucy Arnsby-Wilson, Stroud, UK

2017

Yoga Therapy for Women (immersion course) with Sofia Araujo, Bristol, UK

2015

Children's Yoga and Mindfulness Teacher Training Course, Chrysalis Kids Yoga, Manchester, UK

Arvigo Techniques of Maya Abdominal Therapy® - Professional Care Training Level 2, with Rosita Arvigo, Hilary Lewin and Amanda Porter, Surrey, UK

Connecting with the Shamanic Dimension of Pregnancy and Birth with Jane Hardwicke-Collings, Bristol, UK

Closing the Bones with MamaBaby Wise, Bristol, UK

Arvigo Techniques of Maya Abdominal Therapy® - Self Care Training Level 1, with Louise Crockart, London, UK

2014

Holistic contraception after birth with Jane Bennet, Bristol, UK

Total Yoga Nidra Foundation Course, Stroud, UK

Women's Quest Apprenticeship Training with Alexandra Pope, Red School, UK

Ayurvedic Yoga Massage (level 1+2), Ayurvedic Yoga Massage Institute, London, UK

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earthmoonmala.com



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# Certifications & Cont Ed

2009 THROUGH 2013

2013

Integrated Mother and Baby Yoga Teacher Training with Uma Dinsmore-Tuli, Manchester, UK

Shamanic Midwifery Foundation Course with Jane Hardwicke Collings, Shropshire  
Elemental Yoga Teacher Training (Yoga Alliance 200hrs certified) with Swara Yoga School, Ericeira, Portugal

2012

Well-Woman/Womb Yoga Therapy Teacher Training with Uma Dinsmore-Tuli, Yogacampus London, UK

Natural Fertility Management Method with Jane Bennett, Stroud, UK

Moon Mother Certified Training with Miranda Gray, Bristol, UK

Women's Health Herbal Medicine Course with Rhizome Clinic, Bristol, UK

Swara Yoga: Be Your Own Medicine with Swara Yoga School, Bristol, UK

2009 to 2011

Ayurveda For Women with Dr Deepa Apte, Ayurveda Pura, London, UK

Sitaram Pregnancy Teacher Training Course with Uma Dinsmore-Tuli, Yogacampus Bristol, UK

Women's Power to Heal with Inner Medicine with Maya Tiwari, Ayurveda Pura, London, UK

Ayurveda distance learning course, Pukka Herbs, Bristol, UK

Ayurveda and Pregnancy Course (including postpartum recovery and baby massage) with Dr Deepa Apte, Ayurveda Pura, London, UK

Abhyanga and Shirodhara Practitioner's course, Atma Institute London, UK

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