

# CONTACT

Whatsapp: (+52)5529131368

Insta : @ombelinefromparis

www.ombelinetips.com

ombelinedelouvigny@  
msn.com

## INFOS

My Name is Ombeline de Louvigny. I am a 36 years old French yogi traveler and blogger from Paris. I was a journalist during 8 years. Then I decided to expand myself in different disciplines in yoga and healing process. For the past 6 years I have taught the knowledge I have learned in yoga (Kundalini, Vinyasa, Hatha, Yin), wellness and spirituality all around the world. I also host cacao ceremony and do Tarot reading.

## VIDEO

To learn more about me :  
<https://youtu.be/d9qD6A7dJDA>

## BOOK

*My Kundalini Yoga Notebook*, Solar Edition, Oct 2020

## BLOG

[www.ombelinetips.com](http://www.ombelinetips.com)

For the past 7 years I have shared my tips for an healthy, holy, and happy life on my blog and Instagram.

I wrote about : wellness, yoga, sport, spirituality, healthy food, travel, ethic fashion brand...  
*Partnerships with brands like :*  
Bioderma, Lululemon, Aderma, Avène, Bumble, Elancyl, LPG, Melia Hotels, Ernest Leoty, Cire Trudon...



# OMBELINE DE LOUVIGNY

Teacher in Yoga (Kundalini, Vinyasa, Yin), Meditation, Sound Healing, Fitness, Pilates, Private Coach for adults and kids

Wellness Blogger  
Autor & Tarot reader

## EDUCATION & TRAINING

### 50H ADVANCED TEACHER TRAINING FOR TEACHER

*Puerto Escondido, Mexico, January 2023*

Training with Mario Batres registered by the International Yoga Alliance

*Teaching methodology, sequence design, hands-on assists : a training with the necessary tools to provide the highest level service for your students*

### TAROT READING

*CDMX, Mexico, March 2022*

Training with Marion Foucher following the Tarot's teaching of Alejandro Jodorowsky

### SOUND HEALING TRAINING

*Puerto Escondido, Mexico, Feb 2021*

### 200H YTT-VINYASA

*Amorgos, Greece, Oct 2020*

Training with Yoga Academy International school registered by the international Yoga Alliance

*Including Asanas, Pranayamas, Ethics, Yoga Philosophy & lifestyle, Mantra & Meditation, Human anatomy*

### 60H YTT-YIN YOGA

*Amorgos, Greece, Nov 2020*

Training with Perrine Marais with Yoga Academy International school registered by the International Yoga Alliance

*Including a deeper understanding of Chinese traditional medicine, Meridians and Deep Stretching*

COMING page 2 **TEACHING & RETREAT** 🙏

## **60H KRY LEVEL 2-KUNDALINI YOGA**

Research Institute - Accra, Ghana West Africa, february 2020

*Thematic of the training : Conscious Communication*

Training with Krishna Kaur registered by The KRI

## **200H LEVEL 1 KRY-KUNDALINI YOGA**

School : Ik Saran Dhian Fontainebleau registered by The Kundalini

Research Institute, April 2019 - Training with Kirpal Singh and

Ischwara Kaur

*Immersion in an Ashram. Wake-up every morning at 4am to start the day with a deep meditation, practice and sing of mantras.*

## **TEACHING**

*Yoga Studios and luxury hotels in Paris & Mexico City*

- Brach Paris Five Stars hotel by Philippe Starck : yoga, pilates & fitness coach

- Royal Monceau Five Stars hotel in Paris : yoga Vinyasa

-Yoga studios Mexico : OVX (Polanco), Atma Yoga & Energy (Roma Norte),

AgoraLucis (Polanco), Marea Yoga (Puerto Escondido)...

- Yoga Studios Paris : Oly Be, Make Me Yoga, Emma Paris...

- Master Class for Brands or influencers : Alain Ducasse, L'Oréal, Pokawa, La Maison Nomade...

*Company & Business*

- Luxaviation, Le Bourget : 2 weekly courses for employees

## **YOGA RETREAT**

- France, Etretat in Normandy at Les Tilleuls luxury hotel - 2020 & 2022

- France, Spiritual Center Retreat with Lumina Travel - 2020

- Mexico in Puerto Escondido at La Casa Leone - 2021 & 2022

- France, Biarritz - in partnership with Alexandra Rosenfeld - 2023