CONTACT

Whatsapp: (+52)55291313<mark>68</mark> 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

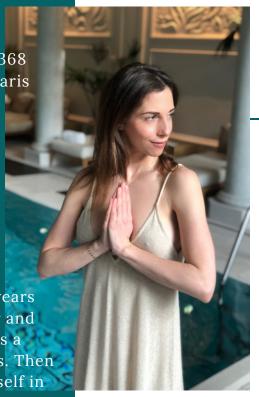
My Kundalini Yoga Notebook, Solar Edition, Oct 2020

BLOG

www.ombelinetips.com

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, Avéne, 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 medecine, 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