

## **Juan Pablo Jara, Yoga (Chile)**

Through hatha yoga, Juan Pablo seeks to connect physical and mental sensations with a conscious work from breathing, postures (asanas) and meditation, creating an intimate space for conversation where people enjoy their abilities and recognize their limits in a loving way.

Yoga teacher with more than 6 years of experience in massive classes, private and personalized hatha yoga, yoga for children and prenatal yoga, has worked in different social settings, both yoga rooms and therapy centers such as banks, commercial companies and foundations, as well as social projects, schools and kindergartens.

Since 2016, he has been a yoga teacher and producer at Green Carpet Productions. In 2017 he was therapeutic director of the Yoga and Therapy Center "Pura Vida" (Ñuñoa), and between 2014 and 2017, director of the project Sendero Yoga Chile. He was also a hatha yoga teacher at the Center for Martial Arts and Personal Development, La Reina (2015-2017).

He trained as a Hatha Yoga Instructor at the Chilean Yoga Academy under René Espinoza. He has also received training in Prenatal Yoga and Yoga for Children, as well as neurolinguistic coaching, Thai massage and aura reading. He has a degree in Professional Graphic Design from Inacap.