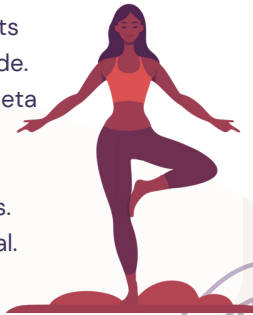


Hi! I'm Shai Cabili

With 18 years of practice, 12 years of international teaching, and 7 visits to India, my yoga journey spans diverse styles and students worldwide. Rooted in hatha yoga, Iyengar, Vipassana meditation, creative arts, Theta healing, and natural acupuncture. I foster transformation, growth, joy, and relief through the magical elements of yoga, pranayama, and meditation. For me, yoga is a timeless remedy, passed by generations, unlocking clarity for body and mind and access to our higher potential.

www.shai-yoga.com

imagination.act@gmail.com



TEACHING EXPERIENCES

01

2023

YOGA TEACHER- ASIA

- **YOGCONNECTION**- Pokhara Nepal, teaching morning vinyasas and evening yin + sounds bath
- **PAI LAMUN**- Pai, Thailand , vinyasa classes and yoga for women.
- **ALPESH** and **ODONATAA** - GOA, INDIA, vinyasa yoga , yin yoga.

2023

YOGA TEACHER TRAINING FACULTY

- **ASANA Teacher** in TTC course at Alpesh yoga in Goa, India.

2020-2022

YOGA TEACHER TEL AVIV- JAFFA

- **Vinyasa and yin yoga teacher:** Vertical - TLV, Great shape, Bayit le yoga- Jaffa, Studio Balance, Studio Naim, Gallop studio, Panda studio, Moon Active, Mosdot Hinuch- TLV municipality.
- **Yoga for the elderly**- post injury, rehabilitation.

2021-2022

YOGA REATRETS LEADER AND PRODUCER- SOUTH OF FRANCE

- Producing and leading week long retreats, Leading Hatha yoga- Vinyasa and yin, pranayama and meditation classes, movement therapy workshops, astrology workshops.

2018+2021

YOGA TEACHER- MEXICO

- **PRANAYOGA- OAXACA**- Vinyasa yoga Dance improvisation and movement therapy workshops
- **CASA DEL ANGEL**-movement improvisation and performance workshops

2015-2018

YOGA TEACHER- LONDON

- **Vinyasa yoga and Yin.**- Shordeitch House, IAMYOGA, Nuffield Health, PureGym, OMegayoga SohoGym, LYB, love your body, Eight and a Half Yoga studio, Hackny home, Arena yoga.

2011-2014

YOGA TEACHER ISRAEL+INDIA

- **LOTUSYOGA ONENEST CENTER** Dharamsalla, India
- **STUDIOM10**, Kfar kasem - yoga for women.
- **Zman Midbar**, Arad, workshops and retreats

TYPE OF CLASSES AND WORKSHOPS

02

Vinyasa flow, Hatha Sigh Yoga, Restorative, Yoga, Therapy, Alignment, Mindfulness meditation, Dance improvisation, Yin Yoga, Kids yoga, Yogalates, Astro-healing , Voice .

TRAINING

03

UNIVERSAL YOGA, Mclode ganj, India 2011

E-RYT200- Alliance yoga diploma

Mishkan Ha-yoga, Tel Aviv 2010- Diploma

ECAN - Natural Acupuncture, GOA 2019- Diploma

THETA HEALING 2008+2010 - Diploma

STUDENT OF

USHA DEVI. - Iyengar Rishikesh. 2014-2023

SHARAT. - Himalayan Iyengar 2010-2019

VIJAY AMAR - Hatha, Ashtanga 2010-2016

SURRINDER - Swasati -Hatha 2014-2020

OTHER EDUCATION

04

Visual Theatre School- 2010-2013
JERUSALEM Dance Theatre

Sam Speigel Film School 2008-2010
film and directing

Hasadna dance training 2007-2008