

SARA

## EDUCATION

- Degree in Clinical Psychology from the University of Bergamo
- Advanced course in Perinatal Clinical Psychology at the University of Brescia
- Specialization diploma in Biosystemic Psychotherapy from the Biosystemic Institute of Bologna, a body-centered approach suitable for adults and children
- Completion of the first level of EMDR certification
- Yoga teacher diploma after completing a 250-hour Teacher Training at Yogaspace Bergamo, recognized by Yoga Alliance
- Yin Yoga teacher diploma with instructor Francesca Savoldelli, recognized by Yoga Alliance

## WORK EXPERINCE:

- Teacher and educator from 2010
- Psychologist and psychotherapist from 2017
- Yoga Instructor from 2016