

VALERIA

EDUCATION

- Accounting Diploma. Istituto Tecnico Commerciale B. Belotti, Bergamo, Italy
- 250-Hour Yoga Teacher Diploma. Yoga Space.
- Children's Yoga and Meditation Teacher Diploma. Balyayoga Method.
- 60-Hour Yoga Nidra Teacher Diploma. Aware, Bergamo
- 100-Hour Yin Yoga Teacher Diploma. Aware, Bergamo
- Certificate of Attendance – Yoga Nido (0–3 years). Balyayoga Method.
- Certificate of Attendance – Yoga & Art. Balyayoga Method
- 85-Hour Prenatal and Postnatal Yoga Teacher Diploma. Aware, Bergamo.

WORK EXPERIENCE

- Hatha Yoga Teacher at Centro per tutte le età.
- Hatha Yoga Teacher for children in various settings and projects since 2023.