

Caroline Combelles

**Stress Therapist,
Yoga & Qi gong
teacher**

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Skills Overview

Stress therapist proposing individual, group sessions and retreats incorporating TRE, SE, yoga, meditation, qi gong and mindful movement.

Fluent in English & French., studying Spanish.

Experience

2018-2019

Moved from Bangkok, Thailand to Madrid, Spain in Sept 2019

- Created a new format of private sessions combining Yin Yoga, somatic awareness, somatic movements, neurogenic tremors via TRE and meditation
- Tightened collaboration with local psychotherapists; increased proportion of clients coming to me with the prospect to heal body and mind together
- Lead TRE workshops in workshops and large-scale events
- Increased the frequency of 1-day city retreats (around 15 times per year)
- Created and lead four 1-week movement & meditation retreats in France and Thailand
- Continued teaching weekly sessions in Yin Yoga, Hatha Yoga, TRE, Meditation to individuals and groups (3 to 7)

2015-2017

- Developed my teaching of Yoga Nidra, body scan awareness inspired by i-Rest protocol, and Yin Yoga
- Created curriculums for my students in Hatha yoga, Meditation & Yin yoga
- Created workshops & lectures related to yoga history, yoga philosophy, mindfulness and meditation.
- Developed a workshop related to stress management in the workplace and delivered it at Hubba Thailand
- Recorded guided meditations, some given to my students, others made available on Youtube.
- Created and lead 1-day city retreats at hotel venue Bangkok, around 8 times per year
- Created a 3-days retreat
- Started collaboration with psychotherapists in Bangkok for patients with stress disorders who need to develop a new relationship to their body.

2012-2014

- Participated in various research studies related to Maternal & Child Malnutrition (Nepal, Vietnam, Cambodia)

Moved from Nice, France to Bangkok, Thailand in Oct 2010

2001-2010

- Worked as a Business Analyst then team leader in global IT company Amadeus, France

Education

SEP training

2018-2019

Module I of Somatic Experiencing in Hong Kong and Spain

TRE certification

2016- 2017

Official certification as a TRE provider, Chiang Mai, Thailand (www.traumaprevention.com).

YIN Yoga teacher certification

2017

60-hours YIN teacher certification in Bali (www.jadewoodyoga.com)
Additional 1-week training in Somatic Yoga & Feldenkrais ATM lessons

YOGA & Meditation teacher certification

2015

200-hours YOGA teacher certification in Thailand with the international Yoga School TRIBE (www.tribe-yoga.com)

Master in Population Studies & Public Health

2011

Mahidol University, IPSR, Thailand

Master in Applied Mathematics

1999

Paul Sabatier University, Toulouse, France

Other interests

Enjoying nature walks, meditating in nature, spending time with animal & trees, sharing adventures with my children, skiing, and eating delicious food.

Delighting at practicing Qi Gong and Feldenkrais Awareness through Movement