

Perla Aviram

Yoga Teacher / Ayurvedic Diet & Lifestyle Consultant / Freelance Teacher / Trainer

Phone: +39 3479479481 / +44 7714404998

Address: Podere Cerreto di Sopra 13
Castel Del Piano 58033

Website:

Email: aviram.perla@gmail.com

Freelance Teacher, Trainer, Yoga Teacher, Ayurvedic Diet and Lifestyle Consultant and Researcher of Yoga Spirituality and Health. Working in a variety of projects, I bring strong inter-personal skills and a passion for empowering others in achieving their goals. My focus is to uplift and empower and I do so by providing a safe space for people to explore their unique physical and mental abilities. I love teaching and enjoy interacting with people, combining our knowledge and working together towards achieving a mutual goal.

Throughout the years teaching has taken me into positions where I could demonstrate and enhance my managerial skills, acting as Pedagogical manager and Assistant Director for two very different organisations. My foundation in biology and philosophy has given me insight into the many dimensions of being human and inquiring into the world we live in. I continue to study and work towards connecting my understanding of the physiological body with the knowledge I acquire through yoga, Ayurveda and life. To my teaching I bring enthusiasm based on personal transformation, a love for people and enabling their path to discovery, and a true understanding of the needs of a learning environment.

EXPERIENCE

Self Employed

Freelance Teacher Trainer

Kirinpreet Holistic Circle Yoga Teacher , Ayurvedic
Diet & Lifestyle Consultant

Freelance Translator

Jan. 1998 - Oct. 2011

Translated material in a variety of fields including: Theatre scripts, legal documents, scientific articles, philosophical articles, spiritual material, web content for music and production industry.

Mapalim Ltd - Assistant Director

Apr. 2012 - Apr. 2014

Acting director to company teams while director not on site. Overseeing project delivery and ensuring quality of delivery. Providing practical and managerial support to all Mapalim teams. Line managing 7 middle managers.

Trainer

May 2011 - Jan 2012

Charles & Paul Limited - Project Manager

Oct. 2009 - Jan 2011

Project Manager of several large scale Music concerts of local and international artists. The role included: Market research, budget management, staff recruitment, training and management, liaison with Artists and production teams, coordination between local and international technical staff, translation of relevant documents, liaison with venues, overseeing of ticket sales.

The American School - Pedagogical manager

Jan 2008 - Jan 2010

Managing up to 40 teachers, permanent and freelance.

Training new incoming Teachers.

Training and evaluating permanent Teachers.

Upgrading Teaching Materials

Coordinating opening of courses and course schedules

Providing consulting services for people wishing to embark on a move to study and live abroad

English Teacher

Sep. 2008 - Oct 2010

Taught part time all preparation courses: IELST, TOEFL GRE, SAT.

Aug 2007 to Sep 2008

Social Support Network / Karev Educational Foundation Councillor for Children in Distress

Working one on one with children in distress ages 6 – 16 inside and outside the school environment. Providing personal support to children and their families. Working in collaboration with social services and other support organizations. Raising funds and donations. Coordinating activities for groups of children of all ages.

Sep 2006 to Sep 2008

The Andrea and Charles Bronfman Philanthropies PA to Philanthropist

Personal Assistant to Mr. Charles Bronfman during his stays in Israel 3 times a year. Project Manager for the Andy Bronfman Prize for Decorative Arts. General Office Manager.

Jan 2004 to Jan 2006

Mapalim Ltd
Trainer and Assessor

Temporary Play-Service manager, Thurrock council. Trainer and Assessor for NVQs level 2 & 3 in Play work Youth work; & Trainer. Freelance Tutor – English, Music, Math Biology.

EDUCATION

2010 to 2011

Kundalini Research Institute Level 1 Teacher Training

This training was a powerful and transformative journey which gave me tools not only to deliver the teachings but also to live my life happier, healthier and more open to the opportunities it brings. Worked closely with teachers as well as on my own. Studied the wisdom and philosophy behind the yoga practice, and experienced deep Kriyas and meditations to help break old habits and negative patterns.

Participated in group exercises and discussions.

Practiced delivering and designing Kundalini Yoga sessions. Completed a comprehensive exam which led to certification. Currently I am working towards a level 2 qualification and continue to grow and learn through teaching.

BA Biology and Philosophy (Joint Honors). SKILLS

City & Guilds 7302

Certificate in Delivering Adult Learning.

2005 to 2006 2003 to 2004

The Institute of Education University of London

MA Music Education

Completed a Masters in Music Education with dissertation.

1997 to 2001

The Hebrew University

Training & Development, Training Skills, Training Delivery, Diversity Training, Yoga, Kundalini Yoga, Language Skills, Spanish translation, Spanish, Hebrew, Fluent English, Teaching English, ESL, Music, Music Education, Teaching English as a Second Language, Training, Language Development, Personal Development, Leadership Development, Management, English, Employee Training, Teaching, Staff Development, Coaching, Meditation, Adult Education, Public Speaking, Stress Management, Fundraising, Editing, Community Outreach, Executive Coaching, Research, Event Planning, Project Management, Organizational Development, Nonprofits, Social Networking, Social Services

PROJECTS

Collaboration with UCLH Young People Department Present

LANGUAGES

English (Native or bilingual proficiency), **Spanish** (Professional working proficiency), **Hebrew** (Native or bilingual proficiency), **French** (Elementary proficiency), **Italian** (Professional working proficiency)

CERTIFICATIONS

Created using Resumonk - Online Resume Builder

KRI Level 1 International Kundalini Yoga Teacher Training Certification insight.
Jul 2011

Kundalini Research Institute

Diploma: Ayurvedic Diet & Lifestyle Consultant

Ayurveda Pura Academy

RECOMMENDATIONS

Janis Griffiths

Family Systemic Psychotherapist, Growing Together Perla 12/31/12, 7:11 AM

is a skilled manager who leads with principle, strength and

She has a particular focus on developing talent, and has supported teams of young apprentices to build employment skills. Perla's creative thinking provides a basis for her project management and problem-solving skills. This creativity extends into her training,

where she provides engaging learning experiences.

I found Perla to be a reliable, thoughtful colleague, who led by example.

Created using [Resumonk - Online Resume Builder](#)