

# Perla Aviram

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

Phone: [REDACTED]

Address: [REDACTED]

Website: [PERSONAL:<http://www.kirinpreet.com>]

Email: [REDACTED]

*Kundalini Yoga Teacher, Ayurvedic Diet and Lifestyle Consultant and Researcher of Yoga Spirituality and Health. Coming from a background of teaching and training, 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. Today I am dedicating my efforts to teaching Yoga and to bridging the world of Yoga, science and medicine. 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 and Ayurveda. 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

Dec 2016 to Present

#### Ayurvedic Diet & Lifestyle Consultant

### Kirinpreet Holistic Circle

Oct 2011 to Present

#### Kundalini Yoga Teacher

### Freelance

Jan 1998 to Present

#### Translator

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.

### Life Element

Apr 2012 to Apr 2014

#### Kundalini Yoga Teacher

### Mapalim Ltd

May 2011 to Jan 2012

#### Assistant Director

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.

### Charles & Paul Limited

Oct 2009 to Jan 2011

#### Project Manager

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

Jan 2008 to Jan 2010

#### English Teacher

Taught part time all preparation courses: IELST, TOEFL GRE, SAT. Trained new incoming teachers.

### The American School

Sep 2009 to Oct 2010

#### Pedagogical Manager

**Managing a total of 40 teachers some permanent and some freelance. Training and evaluating teachers. Overseeing and**

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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.

## Social Support Network / Karev Educational Foundation

### Councillor for Children in Distress

Aug 2007 to Sep 2008

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.

## The Andrea and Charles Bronfman Philanthropies

### PA to Philanthropist

Sep 2006 to Sep 2008

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.

## Mapalim Ltd

### Trainer and Assessor

Jan 2004 to Jan 2006

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

### Kundalini Research Institute

#### Level 1 Teacher Training

2010 to 2011

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.

### City & Guilds 7302

#### Certificate in Delivering Adult Learning.

2005 to 2006

### The Institute of Education University of London

#### MA Music Education

2003 to 2004

Completed a Masters in Music Education with dissertation.

### The Hebrew University

#### BA Biology and Philosophy (Joint Honors).

1997 to 2001

## SKILLS

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

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# KRI Level 1 International Kundalini Yoga Teacher Training Certification

Kundalini Research Institute

Jul 2011

## Diploma: Ayurvedic Diet & Lifestyle Consultant

Ayurveda Pura Academy

### RECOMMENDATIONS

#### Janis Griffiths

12/31/12, 7:11 AM

#### Family Systemic Psychotherapist, Growing Together

Perla is a skilled manager who leads with principle, strength and insight.

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.

