



## **Maria Alfaro**

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Level III – Certified Trainer

Maria is a native Italian living in Santa Cruz, California. She has 24 years yoga experience and extensive training in Iyengar, Ashtanga and Forrest Yoga. She has been teaching yoga since 1997.

### **Trainings and teaching**

TRE-- Maria was trained in TRE by its founder, Dr. David Berceli, in 2004 and she has been teaching his work ever since. She teaches TRE introductory classes and Level 1 trainings in the US and abroad. Maria creates a supportive environment which makes people feel safe and she leads her classes with compassion and sense of humor.

Maria knows that TRE is an extraordinary tool for healing ourselves and the planet and that each person can benefit from it in a deep way. She is passionate about teaching TRE and she looks forward to continuing her studies with Dr. Berceli and to spreading his revolutionary work for the good of All.

YOGA- -Maria completed two 320 hour, one year long Advanced Studies Program with Rodney Yee in 1997 and 1998. She also participated in a two month long Teacher Training with Ana Forrest in 2000. Presently she is studying Shadow Yoga. She teaches weekly classes in Silicon Valley and week long retreats in Southern Italy. For more information about her yoga activities please visit [www.yogadventure.com](http://www.yogadventure.com)

MARTIAL ARTS-- Maria has been studying since 1999 at the Institute of Martial Arts of Santa Cruz, training in the Yang and Chen styles of Tai Chi, becoming accomplished in the long sets of both styles, in the Chinese Broad Sword and in the Straight Sword. She currently teaches the Short Yang Set in San Jose.

HEALING ARTS-- Maria has received certifications for her trainings in Reiki and Esalen Massage. She has an eclectic background that includes living at the Esalen Institute in Big Sur, CA, for 18 months in 1993 and 1994. There she participated in the life of the community and the work/study program, taking many enriching workshops, seminars and trainings including Gestalt Therapy, Bio-Drama, Tantra, Shamanism, Massage, Spiritual Massage, Voice and theatrical expression, Painting and more. She also spent a few years in Asia, especially India and Indonesia, studying Yoga and meditation (Zen and Vipassana).