



João Serejo

Yoga | Meditation Teacher + Reiki Healer

João is an Andorra-born Yoga/Meditation teacher and Reiki healer devoted to his Dharma of helping others awaken to their Truth. His Yoga journey started in Portugal over 20 years ago when, upon observing an Asana practice, a seed was planted. He now calls it a moment of grace.

However, the Lotus only started to blossom when he moved to London to take his second Masters. It was only after having experienced the stillness and life-changing benefits of the Yogic lifestyle in such a dynamic city, that he travelled to the sacred surroundings of Tiruvannamalai, India where he qualified to teach Hatha Yoga as an apprentice of Yogi Ashokananda, still his devoted teacher, continuing the lineage of Advaita Vedanta and Gaudiya Matha.

Contact

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Address
Southeast Asia/India

Education

MA Film Curating
2011 - London, UK

MA Film Directing
2007 - Lisbon, PT

BA Image
Cinematography/Photography
2006 - Lisbon, PT

Languages

Portuguese native

English bilingual

Spanish conversant

French basic

Italian basic

Social Media

  @yogijoao



Yoga Certificates

Hatha Yoga - 300h - Jan. '18 + Jan. '23
Yogi Ashokananda @ Yogiville - Tiruvannamalai, India

Yin Yoga - 30h - September '18
Norman Blair @ London, UK

Meditation - 100h - October '19
Yogi Ashokananda @ Yogiville - London, UK

Restorative Yoga - 33h - November '19
Anna Ashby @ Triyoga - London, UK

Yoga Nidra - 40h - October '20
Melanie Cooper & Jennie Wadsten @ The Shala - London, UK

Experience

Permanent classes
Battersea Yoga | Indaba | MoreYoga | Dragonfly Yoga | Revive

Cover & past classes
Studios:
Light Centre | YogaRise | Samsara | Yotopia | YogaWorks | Total Chi | Wellbeing 95
Ten: Health & Fitness Salty | Rize | The Spring | Kogan | Ikshana

Gyms:
Virgin Active | Fitness First | PureGym | Fybre Fitness | Snap Fitness

References

Yogi Ashokananda
Teacher/Mentor
Email: info@yogishokananda.com

Sir Ian Blatchford
Student
Email: ian.blatchford@sciencemuseum.org.uk



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