

BOYANA VANCHEVA

HIMALAYAN KRIYA YOGA | YIN YOGA | MEDITATION |

EMPLOYMENT HISTORY

Yin Yoga & Meditation teacher

Various temples in Thailand & Travelling | July 2024 – Present
Training in Yoga, meditation and mindfulness techniques in various Thai temples and retreats in Thailand and Bali. Fluent in Yin Yoga and relaxation techniques as well as various Buddhist meditation techniques. Travelling and teaching yoga along the way. I have taught groups as well as one-on-one private sessions.

SEO AND CONTENT MARKETING SPECIALIST

Freelance | July 2021 – Present
Marketing professional, freelance. I've worked with a lot of European and international companies promoting and growing their channels and websites. Clients as Axido, Qonto, Insify and many others.

JUNIOR POLICY ADVISOR & REASERCHER

Dutch Ministry of Finance | sep 2019 – jun 2021
Abstract advisory policy work on surcharges/taxes and premiums for the sake of the Secretary of State for Customs and Fees. In addition work for the Ministry of Finance as a policy worker.

EDUCATION AND QUALIFICATIONS

THAI MASSAGE CERTIFICATE Intermediate
ITM Massage school Chiang Mai / 2024

YOGA TEACHER TRAINING 200H & 300H YOGA ALLIANCE

Aayaa Yoga Bali | nov 2022 - sep 2023
Meditation, Breathwork and Mindfulness teacher training. Yoga Alliance certified in 200hr as an international Multistyle Yoga teacher and 300h as a Himalayan Kriya Yoga Teacher.

MINDFULNESS COURSE

Mindful Rijk | nov 2022 - sep 2023
Meditation, Breathwork en Mindful living. Yoga Alliance certified in 200hr as an international Yoga teacher.

MANAGEMENT OF THE PUBLIC SECTOR (BA & MSc DEGREE)
University of Leiden | sep 2018 - okt 2020

FIRST AID DIPLOMA
Red Cross | 2019

HIGH SCHOOL DIPLOMA
Eerste Christelijke Lyceum | sep 2008 - jul 2013

ACTIVITIES

VOLUNTEER WORK WITH VARIOUS ORGANIZATIONS

Gilde Samenspraak, CityShapers, Red Cross, Salvation Army, Lomdogs
November 2018 – Present
Volunteer work with various organizations, supporting children, animals, youth, and refugees.

BIOGRAPHY

After a successful career in the public sector, I transitioned my focus towards yoga teaching and mindfulness. I hold a 550-hour Yoga Alliance certification with a specialization in Yin Yoga, Kriya Yoga, meditation, and relaxation techniques. My practice is deeply immersive by using Yin and meditation techniques whilst teaching. My time spent in buddhist monestaries made my practices highly relaxing and meditative. I love guiding others through the breating and meditation techniques I leart whilst being there.

I am passionate about guiding others towards better physical and mental wellbeing through mindful movement and meditation. Combining a structured, disciplined approach from my previous career with a compassionate, intuitive teaching style, I create supportive and transformative yoga experiences.

In addition to yoga, I have professional expertise in SEO, content optimization, and digital marketing tools, which fuels my entrepreneurial spirit and adaptability. I thrive in social environments and bring energy and dedication to both my teaching and professional endeavors.

DETAILS

Name: Boyana Vancheva
Birth date: 7 september 1995
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SKILLS

- Yin Yoga instruction & sequencing
- Restorative Yoga
- Kundalini Yoga
- Meditation & relaxation techniques
- Mindfulness coaching
- Guided breathing exercises
- Vipassana and other meditation techniques
- Yoga Alliance 200H & 300H (non-Yoga Alliance)

