

INTERVIEW FOR KARMA YOGA STUDIO

- Autumn 2017 -

Rosibel was born in Caracas from a Spanish father and a Venezuelan mother. Studied all her primary and secondary school in a well-recognized nun school and spent her childhood between school activities, piano studies and her practices of classical ballet which she loved and which she wistfully had to leave when started her University studies.

She graduated of Mechanical Engineering (USB) (1995) at the best technical university in Venezuela and started working at an early age. She has also a Post grade in Finances (1999) and own a special training in Marketing (INSEAD) (2006). After 14 years of professional work at multinational companies, reaching interesting positions, she decided to leave her career and her home country to explore a different life in a different place.

She was introduced to Yoga by a friend in 2005 when she was in a stressful situation because of the Political, Financial and Social circumstances at her home country. She felt immediately in love with the wellbeing feeling of the practice. Since then, she has been committed to her practice, became vegetarian and changed her lifestyle.

In 2011, she decided to leave her home country and change her professional career to dedicate to Yoga and it happened to be in Prague, Czech Republic where she has founded her second home. She was several times in Prague visiting one of her best friends and God children (2) before she decided to come for a longer period and then to stay.

She is Certified Teacher Yoga Alliance RYT-200® (2009 & 2013) and Hormone Yoga Therapy HYT by Dinah Rodrigues (2015) and has studied and practiced Yoga with renowned teachers of different styles of yoga, including Ashtanga, Vinyasa, Dharma Mittra and Jivamukti in North and South America, India and Europe.

She has been working tirelessly since moved to Prague to forge her English language yoga teaching business from ground zero. Nowadays she commands a loyal and dedicated following in the city and is much sought after by Czech and foreign clients for her challenging public classes.

She loves being creative, that is why she specializes in Vinyasa, where she can create, develop and try out new sequences, introduce new postures and experiment new ideas.

She feels the daily commitment to encourage and to transmit as much useful information to support the practitioners to make progress into the practice.

As a devotee of Functional Medicine, she keeps updated in matters of nutrition and health and she is also committed in deepening into functional anatomy of yoga.

She likes to reconnect with Nature at any time possible and she indulges in tasting a good wine and oriental food including Persian, Thai and Indian as her favorites!

She wishes to spend some time away deepening into Yoga philosophy at a remote place in Nature.