

MOVEMENT CV

Wenlin Tan is a movement and mindfulness educator and a Registered Yoga Teacher (RYT) with Yoga Alliance (YA) from Singapore.

Passionate about spreading joy through exploration of the body through space, she is also a visual artist and writer. She combines her expertise in art, writing and movement (yoga, dance, thai massage) to inspire creativity, connect people and foster individual mind-body connection.

TRAININGS & CERTIFICATIONS

- 2019 Birthlight wellwoman Aqua Yoga Teacher Training (upcoming)
- 2019 Qi Gong Immersion YTT with Mimi Kuo-Deemer (upcoming)
- 2018 (Scholarship winner) Barcelona Yoga Conference
- 2018 Rainbow Kids Yoga Teacher Training, Singapore
- 2017 Levels 1-3 Thai Massage, ITM Massage school, Chiang Mai
- 2017 50Hrs YA certified Yin Yoga Training, With Yin Yoga, Bali
- 2017 50Hrs Anusara Yoga Immersion, Hom Yoga Singapore
- 2017 6th No borders project (Contact Improvisation), Unity Space
- 2016 15Hrs YA Anatomy Connections, New Angle Yoga Singapore
- 2016 200Hrs YA Hatha Yoga Teacher Training, YogaHouse TaiTung

RECENT CLASSES & WORKSHOPS

- 2019 Creative workshops (Art, Writing, Yoga), Obonjan Resort
- 2019 Partner Yoga & Massage, Brighton Yoga Festival
- 2019 Gentle hatha flow group class for SPEAK Language exchange, Turin
- 2019 Dino Kid's Yoga & Storytelling, National Library Board, Singapore
- 2019 Hot vinyasa, Vinyasa group classes, YogaUnion, Turin (ongoing)
- 2019 Dynamic Yoga group class, Pilates Torino PPM, Turin
- 2019 Pair yoga community class, Art of Yoga, Singapore
- 2019 Chair Yoga for wellness, Senior support group, Diabetes Singapore
- 2019 Preschool yoga camp (2-6 yrs), Les Petits Gaulois Singapore
- 2019 Hatha & vinyasa flow yoga private clients, Client's home, Singapore

For Wenlin's Visual Artist CV, refer here: https://wenlintan.com/wenlintan_artist-cv/