

MALVINA LORIDA

*Acupuncturist, Pilates,
Yoga & Gyrotonic
Instructor,
Performance Artist*

CONTACT

- malvina.lorida@icloud.com
- www.somaheal.com
- @malvinalorida

SOCIAL SKILLS & COMPETENCES

- Self-presentation and confidence
- Sensitive and discrete
- Self-awareness and self-discipline
- Teamwork and collaboration
- Communication skills
- Stamina

ORGANIZATIONAL SKILLS & COMPETENCES

- Time management and organisational skills
- Project Management
- Cost breakdown & settlement
- Analytical, critical and research skills
- Voluntary work in Acupuncture Community Clinics and Arts Festivals

EDUCATION

Pacific College of Health and Science

*Master's of Science in Acupuncture,
May 2021 – May 2023*

Hunter College

*BA in Dance,
Aug 2016 – May 2018*

Savannah College of Arts & Design

*MA in Business Design and Arts Leadership,
April 2016 – May 2018*

Institute for Integrative Nutrition

*Health Coach Certificate,
May 2020 – Nov 2020*

Gyrotonic Millbrook

*Gyrotonic Teacher Training Certificate,
Dec 2021 – Feb 2022*

Tamalpa Institute UK

*Movement Therapist Certification,
January 2021 - September 2021*

Science of Self Advanced Yoga Teacher Training

*300 Hours Advanced Yoga Teacher Certificate,
May 2020 – Sept 2020*

Oriental Medicine Training Center

*Acupuncture Therapist with previous knowledge of Traditional Chinese Medicine (TCM). Focus on Fertility and Addiction Recovery,
Feb 2018 - Feb 2020*

Gramercy Pilates NYC & East River Pilates

*Pilates Complete Apparatus Teacher Certificate, including Continuing education focusing on Prenatal & Postnatal Pilates,
May 2016 – Feb 2017*

LANGUAGES

- Greek - Mother Tongue
 - English - Excellent
 - German - Good
 - Sign Language - Basic
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OTHER SKILLS & SPECIALISATIONS

- NADA Protocol Advocate
 - Scuba Diver
 - Yoga for Children
 - Yoga for Cancer
 - Prenatal & Postnatal Pilates
 - Cupping / Gua Sha / Earseeds / Tuina treatments
 - Woman's Health
 - Stage Manager
 - Production Manager
 - Artistic Director
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DRIVING LICENSES

- Car (B)
- Motorcycle (A2)

EXPERIENCE

AcuDetox Specialist

New York Harm Reduction, Dec 2021 - present

Yoga Teacher

Euphoria Yoga Woodstock, Dec 2022 – present

Pilates & Gyrotonic Instructor, Bodywork Therapist

*Gyrotonic Millbrook & Physique Kingston,
Dec 2021 – present*

Guest Teaching Artist for young adults with disabilities

Hunter College, Dec 2021 - present

Founder & Artistic Director

*All Souls Festival - Making Space for Disability
in the Arts | Feb 2018 – present*

Acupuncturist, Pilates • Yoga • Gyrotonic Teacher

Soma Heal, Jul 2017 - present

Administration, Movement Therapy

Tamalpa Institute UK, Jan 2021 – Sept 2021

Artist in Residency • Curator • Choreographer • Teacher

PReS | Sept 2020 – Aug 2021

Artistic Director

Piraeus 117 Academy, Jan 2019 – Feb 2021