

Anna Suvorova



MISSION STATEMENT

To spread the message of Heart Consciousness, Unity, and Light through the teachings and practices of Yoga

PRIMARY PROFESSIONAL QUALIFICATIONS

1 Year yoga Foundation Course

Yoga Academy of Pune

India, 2001-2002

- Yoga Asana
- Yoga Philosophy
- Yoga Therapy
- Yoga Restorative
- Yoga Ayurveda

2 Months Teacher Training Course

Yoga Academy of Pune

India, July-August 2002

6 Months Yoga Training

Iyengar Yoga Center

Italy, September 2002- February 2003

Anna Suvorova

6 Week Anusara Yoga Teacher Training Module 1

Om Yoga Cornwall

UK, July-August 2003

6 Week Anusara Yoga Teacher Training Module 2

Om Yoga Cornwall

UK, October-November 2003

1 Week Sun Yoga Course

Kathmandu

Nepal 2007

1 Week Sun Yoga Teacher Training Course

Bali

Indonesia 2010

8 Week Secret Teachings of Yoga

Kathmandu

Nepal, January-February 2012

2 Week Intensive Body Work Course

London

UK, 2014

SECONDARY PROFESSIONAL QUALIFICATIONS

2 Week Hypnotherapy Course

Manchester

UK, 2004

Reiki Level 1,2, 3, and master level

Koh Samui

Thailand, 2005-2007

6 Year Master of Russian Literature and Language (MA)

University of Kalingrad

Russia, 1986-1992

2 Year Cognitive Psychology

London

UK, 1997-1999

6 Week Nutrition Course

London

UK, 1999

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WORK EXPERIENCE

25 Years of Yoga Teacher Experience (group classes and individual sessions)

Thailand, India, UK, Indonesia, Turkey, South America, Malaysia, Nepal

40 Years of Teaching Clean Eating Classes

Head Yoga Coordinator

The Spa Resort

Koh Samui, Thailand 2005-2008

1 Year Teaching “Restorative Yoga” and “Yoga Therapy” classes

Mind.Body.Soul Drug Addiction Rehab Center

Koh Samui, Thailand

Private Yoga classes instructor

Four Seasons and other 5 resorts*

Koh Samui, Thailand

Raw Chocolate Making classes

2013 – Present time

Founder and Teacher of the “Bali Global Foundation” Yoga program for kids

Indonesia

Yoga Detox Retreats

Nepal 2023-
2025

Health Lifestyle Consultant

Rasayana Retreat

Bangkok, Thailand, December 2013–March 2014

Workshops “Creating a Shift”

Nepal, Thailand, Turkey

Teaching Yoga/Meditation

SoulMade Yoga

Bangkok, Thailand, February 2014–April 2015

Writer on Consciousness (Elephant Journal)

Writer on personal growth for Elephant Journal

2013–2015

CoFounder of MuseTerra – a natural superfood brand

2014

Yoga Teacher/Wellness Coach

MuseFlower Resort, Chiangrai, North Thailand, 2015–2017

Natural Healing/Detox/Wellness Consultant

2017–Present time

Organizer of Yoga Workshops & Retreats around the world

Present time

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CORE COMPETENCIES

Anatomy of Yoga Restorative Yoga. Yoga Therapy for Special needs & injuries Yoga for Emotional Healing Sun Yoga Anti-Aging Yoga Pranayama & Cleansing Breath. 25 years Yoga/Meditation practitioner. Reiki. Detox for Beginners retreats. 30 years of Intuitive Healing & Natural Healing Consulting. Energy Hygiene. Activating Self-Healing powers within. Concept of CLEAN EATING. Medicinal properties of Plants. Installing New Mental Software. Creating healthy recipes to support body/mind/soul with nutrients.

CREATIONS

- **Created Yoga Video “*Learning to Be Present*”**
Thailand 2006
- **Founder of brand “*Lovelight*” unique Sacred Geometry Yoga wear**
LoveLight yogawear distributor. Collector’s edition Yoga wear for men & women. Worldwide outlets in numerous 5 Hotels & Boutique Shops.*
2009-2014
- **Founder “*Raw is Real*” Conscious Raw Chocolate Project**
Spreading the message of conscious eating via raw cacao
2012
- **Created Yoga Video “*The Ultimate Yoga Trip*”**
Thailand, 2014
- **Author of a book on Conscious Eating “*Chocolate Revolution*”**
- **Author of “*Bake a difference*”**
Easy baking with plants.
- **Author of “*Treats to live for*”**
NoBake extraordinary yummys in an ordinary kitchen.
- **A Mountain Art Café – Eco Village, Astam**
Pokhara, Nepal

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TESTIMONIALS

“Anna’s teaching is way beyond just physical poses and philosophies. It is demonstrated by her warmth, openness, honesty, and inquiry that inspires us to be more aware of what yoga means” Vanda M.

“Anna teaches a gracefulness that delivers a state of ease. This wisdom and passion benefit us all!” Terry S.

“Classes with Anna are like attending a class with the Divine” Grace P.

“Anna is one of those teachers that stays in your heart long after the class is over. Her light, her spirit, and her energy encourage your body to soar to new places and take on new forms” Lucy K.

“Anna is one of the most talented... and hottest... yoga teachers on the planet right now. Period. End of Story” Mark E.

“This short program is great for anyone who is looking for a crash course on how to stay healthy and fit in our modern times. It is so important to maintain our healthy state of being and knowing about the food we eat on a daily basis. I am grateful to Anna for introducing me to this program.” Kanchhi Maya Sherpa

“One of the best things I have done for myself was this detox program with Anna. She helped me gain new insights on healthy eating habits and why it is so important for us in today’s world of fast food! Give your body the love and respect it deserves and sign up with Anna. I lost over 5 kgs of very stubborn weight, and I used to suffer from severe gastritis attacks. My children are now relieved that I experience this far less, and it’s only been 1 year into my journey!” Chhamba Chhoden Ongdi

“As someone who always struggled to slow down and make time for exercise, I was really delighted to attend yoga with Anna. She makes me laugh during sessions, but also helps me become truly present and in the moment, so I can forget about all the plates i’ am spinning. Anna also has an unquestionable depth of knowledge about nutrition and natural and plant-based remedies that help me avoid putting rubbish into my body when i am eating. I feel constantly inspired by her. She is worth it even if she kicks your ass with some hard truths. What’s more loving and caring than that?!” Aneesa Chaudhry