



# LAURA CANEPA

Holistic Massages- Yoga

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Mobile services

## SKILLS

Deep tissue massage

Ayurvedic massage

Traditional Thai massage

Feet Reflexology

Chi Nei Tsang

Draining massage

Relaxing massage

Yoga Classes

Signature facial massage

## CAREER SUMMARY

2014-2018 SPA TEAM TRAINER

**Hotel Princesa Yaiza 5\***, Lanzarote Spain

2018-2019 SPA THERAPIST

**Four Seasons 5\***, Megeve France

2018- 2021 SPA MANAGER AND PRACTITIONER

**Imperiale Palace Hotel 5\***, Italy

2019- 2020 TREATMENT MANAGER AND YOGA

**L' apogée 5\* Palace**, Courchevel, France

2021- 2022 HOLISTIC AND YOGA EXPERT

**Cheval Blanc 5\*** Palace, Courchevel, France

## EDUCATION

- 2007-2010: Beauty Therapist training at Villaggio del Ragazzo - Italy
- 2012: Thai Massage basic course with CIDESCO School - Italy
- 2017: Thai massage intermediate and advanced courses in Loi Kroh School Chiang Mai - Thailand
- 2017: Dynamic Thai Massage, Blue Garden School, Chiang Mai -Thailand
- 2017: Chi Nei Tsang Abdominal Massage Course, Ong's School -Thailand
- 2017: Thai Massage Courses with Master Sinchai Sukprasert - Thailand

## EDUCATION

- Body Assessment Treatment and Rebalancing Sunshine School - Thailand
- 2018: Ayurveda Therapist Course in Ayuskama School Rishikesh - India
- 2018 Hatha yoga teacher training in Ayuskama School Rishikesh - India
- 2019 Iyengar Yoga residential course with masters Swati and Rajiv Chanchani Yog-Ganga center for Yoga Studies - India
- 2019 Iyengar Yoga Workshop Om Yoga school Rishikesh India
- 2020 Yoga and Chinese medicine by SOHA school
- 2020 Abhyangam Massage in Rak Saeng School Madrid
- 2020 Advanced Thai massage Course by Master Itzak Helman Sunshine School - Spain
- 2020 Tok Sen Treatment course by Rak Saeng School Madrid
- 2021 Osteothai Internal Organs Massage Course by David Lutt -France

## LANGUAGES

Italian:	Excellent
English:	Excellent
Spanish:	Excellent
French:	Very good
German:	Intermediate