

Lara Jayne Florence Brown

YOGA - MEDITATION
MASSAGE - MARKETING



Experience

**Artviva Italy | Travel Consultant, Partnerships,
Digital Marketing, Web maintenance**
2019 - present

**Ladies Adventures | Web developer,
Consultant Advisor**
2020 - 2021

Coravida Costa Rica | Yoga Teacher
2020

Sotheby's London | Auction Assistant
2018

MAXXI Rome | Arts Educator
2017 - 2018

Education & Training

BA Philosophy & Classics with Honours
University of Bristol
2011- 2014

Masters in Arts Management
IED Rome
2016-2017

RYT 200 Synergy & Vinyasa Yoga
Nowhere Yoga & Simon Borg-Olivier
2018

Diploma of Traditional Thai Massage
Thai Massage School of Chiang Mai
2021

Diploma of Ayurvedic Massage Abhyanga
Yoga Therapy Marbella
2021

Details

+39 329 9349 270

larajfbrown@gmail.com

www.laroga.co.uk

www.phantasiaetravels.com

Skills & Interests

Writing

Copywriting; SEO; travel writing; poetry

Yoga, Meditation, Neuromechanics

Yoga therapy, Vipassana, Creative movement

Travel & Languages

Mothertongue English, fluent Italian, conversational
Spanish & French

Dance

Argentine tango, ballet, salsa, bachata, lyrical jazz,
bellydance, aerial silks

Music

Diplomas in classical Clarinet and Piano