



Irene Rinaldi

PERSONAL INFORMATION

- Via del Forte Bravetta 272, 00164 Roma – Italia
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- irene.rinaldi@hamsa.it
- Female | Date of birth 23/03/1980 | Italian Nationality

EXPERIENCE

2021 - oggi Hawaiian Lomi Lomi Nui Massage Practitioner

(Agàpi Center), Rome

Practice of the Hawaiian massage technique which aims to bring relax, harmony, through breath, dance, touch and music. The elbows, forearms, palms of the hands, fingers, knees and feet are used to massage different parts of the body, with a series of slow, long, rhythmic manual movements alternating with phases of relaxation and rocking. Oils and essences with particular properties accompany the treatment

6/08/2017 Yoga Teacher

Yoga Festival Roma (ISOLA DEI LABORATORI, Villa Comunale Parco Fondazione Cariciv – Tolfa Festival Tolfarte Kids (ISOLA DEI LABORATORI, Villa Comunale Parco Fondazione Cariciv – Tolfa)

Project: "Help me I help you". group yoga practice for adults and children who perform the positions in pairs (a child and an adult) to discover that helping each other and getting help leads to communicating and being aware of one's emotions.

20/09/2014 -12/ 09/2015 Lecturer and Yoga Teacher

Yoga Festival Roma (Cascina Farsetti – Villa Doria Pamphilj)

Project: "An orchestra ... the voice and the breath" Yoga practice, according to the Viniyoga method, designed for those who use the voice and the body as a working tool: actors, singers, teachers, presenters, dubbers ... or those who want to deepen the link between voice and breath.

<http://www.yogafestival.it/roma/registrazione-eventi/?ee=95>

10/2013 – 2017 Singing Teacher

School of Music "Fratelli Cervi" and The Cultural Association "Armonia dei Contrari", Rome

Lessons in vocal technique and interpretation of opera arias, chamber arias, arias from the sacred repertoire, songs, lieder, chansons, pieces from the musical repertoire and soundtracks.

2011 – today Yoga Teacher

Motus Vita; Bel Respiro Center - Asso Danza (Villa Pamphilj); Villa York Sporting Club (Gianicolo and Monteverde headquarters) and Vivi Bistrot in the festival "Vivi Il Saluto al Sole" (Villa Pamphilj); Màrgana Land of Dances; Bibliothè; Posture and Wellness Study; Workshop of the Dance; Marilyn Dance Academy; Kylan Center (Palazzo Taverna); Harmony of the Antonyms Clivo Bistrot; Yoganostress; the OrolnCentri Association; Integral Yoga Association of the sports center of San Paolo (founded in 1987), Rome

2000 – today Artist and singer for shows, ceremonies and musical-cultural events

Performances as a soloist, with other artists and musicians in multidisciplinary concerts and shows in Rome, at the Vascello Theater, the Ghione Theater, the Ambra Jovinelli Theater, the Scuderie Villino Corsini Theater in the Villa Pamphilj Park, the Caravita Oratory, La Sala Santa Rita in Campidoglio, the Protomoteca room and the Palazzo Nuovo-Salone in Campidoglio for Zetema, the academic room of the Santa Cecilia Conservatory, the Tirso de Molina theater, the A.Roma Lifestyle Hotel and inside sacred places such as the Basilica of Santa Maria Maggiore, the church of Santa Maria in AraCoeli and the Basilica of San Pietro in the Vatican.

Creator of the Sweet Melodies, meetings to tell the music... understand it, appreciate it and spread it. And after listening, moments of sharing, accompanied by artisanal sweets. Rome

2005 – 2009 Collaborator insurance

Insurance agency “Fondiarìa Sai” (Fonteiana Street 2, Rome)
Car insurance, accident and sickness rco-fire-theft – life insurance

1998 - 2000 Assistant teachers of ISEF

Pisana Sporting Club (Rome)

ISTRUZIONE E FORMAZIONE

(Study Certificates: <http://www.hamsa.it/en/556-2/>)

June 27, 2021 Certificate of operator in Hawaiian Lomi Lomi Nui Massage

Institute of Human Sciences, Rome

March 05, 2021 – Certificate of operator in Hawaiian Lomi Lomi Nui Massage

Agàpi Center, Rome

Dicember 12, 2019 – 02/2020 National Diploma CSEN Yoga Gymnastics for children. Certified Teacher of Yoga and Meditation for children BalyaYoga Method.

Pio IX Sports Center, Rome

February 19, 2019 National Diploma Yoga Instructor

CSEN (Centro sportivo educativo nazionale), Rome

July 20, 2018 Cambridge English ESOL International Level B1

International House, Accademia Britannica, Rome

June 24, 2014 Corso di sanscrito (livello kaniṣṭha) (2013 – 2014)

BhaktiVedanta Library, (Bibliothè, via Celsa 4-5 Rome) Essential lines of the alphabet, phonetics and grammar of Sanskrit, in order to provide the linguistic basis to approach the great classics of Indian literature. Lecturer Dr. Iacopo Nuti.

May 28, 2011 KHYF Yoga Teacher Certific (10/2007 -06/2011)

KHYF (Krishnamacharya Healing and Yoga Foundation) - Yoga Darshana, Rome

Asana; Pranayama, Bandha; Mantra; Mudra and Study of the Yoga Sutras of Patanjali. (Professor Marina Laurenzana.)\

September 21, 2010 Degree in singing (11/2005 – 09/2010)

Level QEQ 7/10

Conservatory of music of Santa Cecilia, Rome

Singing as a main subject, complementary subjects: piano, choir, sight reading of one

score, stage art, history of music, harmony, poetic and dramatic literature. Concert activity in the choir of the Santa Cecilia Conservatory.

10 – 11/2008 Collaborator insurance

Fondiarìa - Sai Agency , Rome. Training course. Matter: Insurance. Basic principles of the Civil Code, Insurance Code, ISVAP Regulation, Non-life business (auto-accident-third party liability-sickness-fire-theft), Life business, social security.

June 7, 2007 Course of diction and dubbing (2/10/2006 – 12/02/2007)

Piccola Accademia della Comunicazione e dello Spettacolo” of Stefano Jurgens

Acting, diction and dubbing with Paola Maffioletti, Franco Oppini Massimo Turci, Jack La Cayenne

2005 Course of cinematography

Libreria del cinema, in Trastevere, Rome

“Directing” with Giuseppe Piccioni, Daniele Lucchetti and Antonello Grimaldi. “ Film review” with Flavio De Bernardinis.

“Screenplay” with Franco Bernini and Gualtiero Rosella “Background music and Soundtracks” with Ludovico Einaudi

January 20, 2003 Bachelor degree of Musicoterapy

Level QEQ 108/110

Glass Harmonica, Rome

Musicoterapy, Psychology, Medicine, Music Hystory, Dance Therapy. Rolando Omar Benenzon's method.

July 16, 1999 School – leaving certificate

Livello QEQ 71/100

John Fitzgerald Kennedy High School State, (Nicola Fabrizi Street 7, Rome)

“ Italian language and literature, Latin language and culture, English language and culture, History and Philosophy, Math and Physics; Natural Sciences, Design and Art History; Science and Sports; Civics.

PERSONAL SKILLS

Lingua madre Italian

Altre lingue English (Cambridge English Level Certificate in ESOL International B1)

Competenze Informatiche Good knowledge of Microsoft Office (word, excel, powerpoint, e-mail).

Patente di guida B e A3

ULTERIORI INFORMAZIONI

Seminars

Yoga seminar "An orchestra: the voice and the breath" Yoga Festival Rome 7th and 8th Edition, September 2014 and 2015, Cascina Farsetti, Villa Pamphilj Park. Seminari Seminario di Yoga "Un orchestra: la voce e il respiro" Yoga Festival Roma 7° e 8° Edizione, Settembre 2014 e 2015, Cascina Farsetti, Parco di Villa Pamphilj.

Riconoscimenti e premi

Culture Prize of Presidenza Consiglio dei Ministri "Arte d'Autunno", National Exhibition of Poetry, Prose, Art and Entertainment, XXIII Edition, at Sala Protomoteca of Campidoglio, Rome (November 21, 2014)

Energie per Roma Award in recognition of the extraordinary contribution made in the enrichment and promotion of culture and research in the city of Rome (18 January 2024)

May 27, 2024

Rome

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