

## Andressa Ayres Pelanda

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Andressa is a Yoga teacher in her town.

She graduated in Oceanography from the Federal University of Parana in 2007.

She used to work with yoga for kids in a Neo-humanistic school during 2009, where she could learn and practice the Circle of Love.

In 2010, she completed a post graduation in Pedagogic Yoga. Since then, she is doing projects with Circle of Love in the Kindergartens of the community.

Andressa also works as a voluntary for Ananda Marga, an international organization of yoga and meditation, and social projects. There she helps to organize spiritual retreats; classes about spirituality, social economic theory and vegetarianism; art festival; and others activities involving self-realization and service for the humanity.