

RICCARDO DE PAOLIS

E-RYT 500 • YACEP – Yoga Alliance

Yoga • Meditation • Mindfulness Teacher

Second-Level University Master's Degree in Neuroscience – Sapienza University of Rome

800-hour Certificate IV Purna Yoga – Byron Yoga Centre, Australia

PROFESSIONAL PROFILE



Yoga and Meditation Teacher since 2017, with nearly twenty years of personal practice and an international professional background spanning Yoga, neuroscience, contemplative practices, and holistic well-being. He has been practicing Yoga and meditation since 2008, integrating direct experience with the study of contemplative traditions and neuroscience. Over the years, he has also designed, organised and led Yoga and Mindfulness retreats, workshops and programmes in **Italy and abroad**.

He is **E-RYT 500 and YACEP - Yoga Alliance** and has completed the advanced **800-hour Certificate IV Purna Yoga at Byron Yoga Centre, Australia**. He is also a teacher of **Vishoka Meditation** and **Mindfulness Based Stress Reduction (MBSR)**, with specific training in MBSR protocols.

His academic background includes a **Second-Level University Master's Degree in Neuroscience at the Faculty of Psychology of Sapienza University of Rome**, complementing his training in Yoga and meditation with a scientific perspective on the functioning of the mind and processes related to awareness.

His practice integrates **Hatha Yoga, meditation, pranayama and the study of the Yoga Sūtra**, with an ongoing exploration of the relationship between body, mind and consciousness.

Since 2008, he has also deepened his meditation practice within the **Soto Zen tradition**, in which he received the lay Bodhisattva vows, and has undertaken a path of initiation and study within **the Sri Vidyā tradition of the Himalayan lineage**, with particular emphasis on meditation, mantra and contemplative practices.

He has collaborated with international, corporate and institutional organisations including **Bulgari, Warner Bros. Media, CNN/Turner, Duracell, Enel, Solenis, Italian Red Cross and Tecnocasa**, as well as within fitness and wellness settings. He has also organised and led international Yoga and Mindfulness retreats and workshops, including activities in **Australia, Denmark, the United Kingdom, Switzerland and Spain**, and collaborated with the **University of Verona** on initiatives dedicated to awareness and contemplative practices.

SKILLS AND AREAS OF TEACHING

Yoga, Meditation and Mindfulness

- Hatha Vinyasa Yoga
- Hatha Yoga
- Restorative Yoga
- Yoga Nidra
- Yin Yoga
- Pranayama
- Mindfulness – MBSR protocol
- Vishoka Meditation

Massage Techniques

- Swedish Massage

- Remedial Massage
- Deep Tissue Massage
- Aromatherapy Massage
- Shiatsu Masunaga

YOGA – PROFESSIONAL SKILLS

- Teaching asana, breathing techniques and meditation to practitioners of all levels, from beginner to advanced.
- Designing and delivering individual and group programmes adapted to the goals and characteristics of practitioners.
- Ability to offer variations and adaptations of the practice in the presence of physical limitations, injuries or specific individual needs.
- Attention to safety, alignment and progressive teaching throughout the practice.
- Integration of asana, pranayama, meditation and awareness practices within structured programmes.
- Building a professional relationship with practitioners, fostering listening, autonomy and continuity in practice.
- Teaching classes, workshops, seminars and thematic programmes in private, corporate and wellness settings.

MASSAGE – PROFESSIONAL SKILLS

- Assessment of the individual's physical condition and identification of the most appropriate techniques according to individual needs.
- Use of deep tissue, remedial, pre- and post-sport, and relaxation massage techniques, as well as treatments involving essential oils and hot stones.
- Tailoring treatments according to muscular and joint conditions and range of movement.
- Assessment of previous conditions and definition of the treatment in agreement with the client.

- Experience in treating muscular tension, contractures and issues related to physical activity and stress, within the scope of professional competencies.
- Integration of stretching, mobilisation and postural guidance to support physical wellbeing.
- Professional approach, attentive to individual needs and listening.

SEMINARS, WORKSHOPS, RETREATS AND ACTIVITIES

2026

- Yoga and Mindfulness Retreat 21-24 May – Tuscany, Italy
- Yoga and Mindfulness Retreat – Fara Sabina Monastery 20-21 April – Fara Sabina, Italy
- Workshop 'Find Your Inner Luminosity' 15 March – Centro Maurizio Melli, Rome
- Museum of Civilizations Visit and Guided Meditation 15 February – Rome
- Yoga Teacher at Virgin Active – Rome
- Yoga Teacher at OneBodyMind – Online
- Yoga Teacher at Bulgari Hotel – Rome

2025

- Workshop 'Find Your Inner Luminosity' 26 January – Centro Maurizio Melli, Rome
- Workshop 'Find Your Inner Luminosity' 16 February – Centro Maurizio Melli, Rome
- Yoga and Mindfulness Retreat – Fara Sabina Monastery 7-9 March
- Workshop 'Find Your Inner Luminosity' 30 March – Centro Maurizio Melli, Rome
- Workshop 'Cultivating Awareness: Promoting Individual and Social Wellbeing through Contemplative Practices' – 19 May – Department of Human Sciences, University of Verona

- Yoga and Mindfulness Retreat 22-25 May – Tuscany
- Guided Meditation and Screening of the film Milarepa, directed by Louis Nero – Nuovo Cinema Aquila, 20 June – Rome
- Yoga, Mindfulness, Trekking and Forest Therapy Event 26-29 June – Trentino
- 7th Mindfulness Based Stress Reduction Protocol – 8 weeks, 22 September-10 November – OneBodyMind, Online
- Workshop 'Find Your Inner Luminosity' 28 September – Centro Maurizio Melli, Rome
- Yoga and Mindfulness Retreat – Fara Sabina Monastery 7-9 November
- Yoga Teacher at Virgin Active – Rome
- Yoga Teacher at OneBodyMind – Online
- Yoga Teacher at Bulgari Hotel – Rome

2024

- Workshop 'Find Your Inner Luminosity' 22 December – Centro Maurizio Melli, Rome
- Yoga and Mindfulness Retreat – Fara Sabina Monastery 15-17 November
- 6th Mindfulness Based Stress Reduction Protocol – 8 weeks, 16 September-4 November – OneBodyMind, Online
- Yoga and Mindfulness Retreat 23-26 May – Tuscany
- Workshop 'Hatha Yoga and Painting' – Yum Yoga Studio, 27 April – Copenhagen, Denmark
- Yoga and Mindfulness Retreat – Fara Sabina Monastery 8-10 March
- Workshop 'Find Your Inner Luminosity' 27 January – YogaHouse, Rome
- Workshop 'Journey into Yoga' 21 January – ASD Breathe, Rome
- Yoga Teacher at Virgin Active – Rome
- Yoga Teacher at ASD Breathe – Rome
- Yoga Teacher at OneBodyMind – Online
- Yoga Teacher at Bulgari Hotel – Rome

2023

- Workshop 'Journey into Yoga' 17 December – ASD Breathe, Rome
- Workshop 'Find Your Inner Luminosity' 12 November – ASD Breathe, Rome
- Yoga and Mindfulness Retreat 27-29 October – Fara Sabina Monastery
- Yoga Teacher at OneBodyMind – Online
- Yoga and Mindfulness Retreat 3-5 March – Fara Sabina Monastery
- Yoga Workshop 'Find Your Inner Luminosity' 20 May – ZemYoga Studio, Rome
- Yoga and Mindfulness Retreat 30 May-4 June – Santa Teresa di Gallura
- Yoga Teacher at ZemYoga Studio – Rome
- Yoga Teacher at Virgin Active – Rome
- Yoga Teacher at ASD Breathe – Rome
- Yoga Teacher at Hara Benessere – Rome

2022

- Yoga Teacher at OneBodyMind – Rome
- Yoga Workshop 'Rediscover Your Inner Luminosity' – ASD Breathe, Rome
- Yoga and Mindfulness Workshop 5-8 May – Santa Teresa di Gallura
- Yoga Workshop 'Find Your Inner Luminosity' – ZemYoga Studio, Rome
- Yoga and Mindfulness Retreat 14-21 July – Gran Canaria, Spain
- Yoga and Mindfulness Retreat 3-10 September – Santa Teresa di Gallura
- 5th Mindfulness Based Stress Reduction Protocol – 8 weeks – OneBodyMind, Rome
- Yoga Teacher at ZemYoga Studio – Rome
- Yoga Teacher at Virgin Active – Rome
- Yoga Teacher at ASD Breathe – Rome

2021

- Yoga Teacher at OneBodyMind – Online, Rome
- Yoga and Mindfulness Retreat 4-11 July – Gran Canaria, Spain
- Yoga and Mindfulness Retreat 15-22 July – Gran Canaria, Spain
- Yoga Teacher at ZemYoga Studio – Rome
- Yoga Teacher at Virgin Active – Rome
- Yoga Teacher at ASD Breathe – Rome
- Mindfulness Coach at Warner Bros. Media – US
- Mindfulness Coach at Solenis Srl – Italy

2020

- Mindfulness Teacher at Warner Bros. Media – Madrid, Spain
- Yoga Teacher at OneBodyMind – Online, Rome
- Yoga Teacher at ZemYoga Studio – Rome
- Yoga Teacher at Virgin Active – Rome
- Corporate Yoga Teacher for Enel S.p.A. – Rome
- Yoga Teacher at EasyFit – Fiumicino
- Yoga Teacher at OneBodyMind – Rome
- Yoga Teacher at Centro Samila – Rome
- Corporate Yoga Teacher for Duracell S.p.A. – Rome
- Mindful Yoga Workshop – Self-Help Techniques for Rescuers – Italian Red Cross, Rome
- 3rd Mindfulness MBSR – 8 weeks – CNN/Turner Broadcasting Company, Rome
- 3rd Mindfulness MBSR – 8 weeks – Studio PantaRei, Rome
- Massage Therapist at Studio Medico Natura Medica – Rome

2019

- Yoga Teacher at ZemYoga Studio – Rome
- Yoga Teacher at Virgin Active – Rome

- Corporate Yoga Teacher for Enel S.p.A. – Rome
- Corporate Yoga Teacher for Tecnocasa S.r.l. – Rome
- Yoga Teacher at EasyFit – Fiumicino
- Yoga Teacher at OneBodyMind – Rome
- Yoga Teacher at Centro Samila – Rome
- Yoga Teacher – Rainbow Yoga Community Classes 'Dgp' – Rome
- 4th Rainbow Yoga Retreat – Ostuni
- 4th Mindfulness Yoga Workshop – North London Buddhist Centre – London, UK
- Mindful Yoga Workshop – Virgin Active, Rome
- Mindful Yoga Workshop – Centro Samila, Rome
- Massage Therapist at Studio Medico Natura Medica – Rome
- 2nd Mindfulness MBSR Introduction – CNN/Turner Broadcasting Company, Rome
- 2nd Mindfulness MBSR – 8 weeks – Studio PantaRei, Rome
- Corporate Mindfulness – Tecnocasa, Rome

2017-2018

- Yoga Teacher at ZemYoga Studio – Rome
- Yoga Teacher at Virgin Active – Rome
- Yoga Teacher at Samila – Rome
- Corporate Yoga Teacher for Enel S.p.A. – Rome
- Yoga Teacher at EasyFit – Fiumicino
- Yoga Teacher at OneBodyMind – Rome
- April Rainbow Yoga Retreat – Ostuni
- October Rainbow Yoga Retreat – Ostuni
- Yoga Retreat in Epping Forest – London, UK
- Yoga and Meditation Workshop at Virgin Active – Rome

- Massage Therapist at Studio Medico Natura Medica – Rome
- Mindfulness Workshop at Turner Broadcasting Company / CNN – Rome
- Mindfulness MBSR – 8 weeks – Studio PantaRei – Rome

2016-2017

- Yoga Teacher at ZemYoga Studio – Rome
- Yoga Teacher at Virgin Active – Rome
- Yoga Teacher at OneBodyMind – Rome
- Massage Therapist at Studio Medico Natura Medica – Rome
- Yoga Teacher and Massage Therapist – Private Classes and Workshops – Zurich, Switzerland
- Yoga Teacher and Massage Therapist at Byron Yoga Centre Retreat – Byron Bay, Australia
- Massage Therapist at Holistic Massage Centre – Byron Bay, Australia

2015-2016

- Massage Therapist at Health Care Massage Centre – Sydney, Australia
- Massage Therapist at Chiropractor at Bondi Junction – Sydney, Australia
- Massage Therapist and Yoga Teacher at I Cinque Elementi – Sydney, Australia

2014-2015

- Massage Therapist and Yoga Teacher at Centro Dakini – Anzio, Italy
- Yoga Teacher at Onda su Onda Surf School – Ostia, Italy

2013-2014

- Massage Therapist at Studio Natura Medica – Rome, Italy
- Massage Therapist at La Nuova Pineta Beach Resort – Ostia, Italy

TRAINING AND SPECIALIZATIONS

2026

Intensive Retreat – Maha Sri Yaga & Prajapati Sukta

13-24 July – Pandit Rajmani Tigunait, PhD – Himalayan Institute, Honesdale, Pennsylvania, USA

2025

Maha Sri Yaga: Kathopanishad

Pandit Rajmani Tigunait, PhD – Himalayan Institute

Kardama's Way – Sri Sukta Mantra 11

Pandit Rajmani Tigunait, PhD – Himalayan Institute

Sri Sukta Sadhana – Stage 1

80 days of personal practice – Himalayan Institute

2024

Sri Yaga New Year's Retreat

28 December 2024 – 1 January 2025 – Pandit Rajmani Tigunait, PhD – Himalayan Institute

Intensive Retreat – The Confluence of Mantra and Prana Shakti

Vishoka Meditation & Sri Sukta – Ishan Tigunait and Shiva Tigunait, PhD

17-20 October 2024 – Brussels, Belgium

Sri Sukta Course

31 May – 26 June – Ishan Tigunait – Himalayan Institute

2023

Vishoka Meditation Level Two – Meditation on the Lotus of the Heart

July-November – Pandit Rajmani Tigunait, PhD – Himalayan Institute

2022

Vishoka Meditation Self Mastery Series – Part 2: Vairagya & Svadhyaya

2-24 August – Himalayan Institute

Vishoka Meditation Self Mastery Series – Part 1: Self-Revealing Power of Pranic Absorption

27 April-12 July – Himalayan Institute

2020-2021

Vishoka Meditation Teacher Training

1 year – Himalayan Institute

Vishoka Meditation Digital Companion

6 hours – Himalayan Institute

Vishoka Meditation At-Home Practice Immersion

6 weeks – Himalayan Institute

At the Roots of Yoga: Genesis, Development and Science

66 hours – Museum of Civilizations, Cultural Heritage – Rome

Kundalini: Inner Healing for a Troubled World

8 hours – Himalayan Institute

Yoga Sutra Master Course

85 hours – Himalayan Institute

1st International Yoga Nidra Conference

Yoga Alliance

2018-2019

Second-Level University Master's Degree in Neuroscience

Faculty of Psychology and specialised training in teaching the Mindfulness Based Stress Reduction (MBSR) protocol

Sapienza University of Rome – Rome

NLP Practitioner – Level I

NLP Italy, Rome

Coaching – Level I

NLP Italy, Rome

Postural Training Course

Virgin Academy, Rome

2016-2017

Certificate IV Yoga Teacher Training – 800 hours

Byron Yoga Centre – Byron Bay, Australia

- Asana Classes
- Yoga practices
- Anatomy & Physiology
- Workplace Health & Safety
- First Aid
- Client Relationship Management
- Practice Administration
- Group-based learning
- Development of leisure and health programmes for clients with special needs

2015-2016

Certificate IV Massage Therapist – 800 hours

New South Wales School of Massage – Sydney, Australia

- Swedish Massage
- Remedial Massage
- Aromatherapy
- Anatomy & Physiology
- Safe Practices
- Practice Management, Law & Ethics
- First Aid
- Clinical Practice

2013-2014

Centro Dakini Health and Wellbeing – 200 hours

Anzio, Italy

- Tibetan Mantra Healing
- Yoga Ne-Jang
- Certificate of Ku-Nye Traditional Tibetan Massage – 200 hours

2012

Shiatsu Masunaga – Level III

European Institute of Shiatsu – Rome

UNIVERSITY EDUCATION

2000-2008

Master's Degree in Electronic Engineering

Roma Tre University – Rome

Thesis:

2003 – Experimental thesis on the measurement of the muscular electromyographic signal

2008 – Virtual reality applied to rehabilitation protocols for the upper limb

1995-2000

Scientific High School Antonio Labriola – Rome, Italy

SPIRITUAL AND CONTEMPLATIVE PATH

Soto Zen Tradition

Zen meditation practice since 2008 and reception of the lay Bodhisattva vows within the Soto Zen tradition.

Sri Vidyā Tradition – Himalayan Tradition

Initiation and study within the Sri Vidyā tradition, with a focus on mantra, meditation, contemplative practices and Sri Sukta Sadhana.