

EDUCATION

200hr Yoga Teacher Training
Shambhava Yoga School

60hr Ayurveda Training
Shambhava Yoga School

10 day Silent Retreat
Vipassana

60hr Master Class
Chris Chavez

55hrs Yoga Retreat for Yoga Teachers
Amy Impolliti

SKILLS

Massage Therapist



Surfing



Yoga



Meditation



Coaching



TO DO LIST

- Speak Spanish fluently
- Get barreled
- Living in Australia, traveling the coast chasing waves
- Learn to dance Salsa
- Lead Yoga retreats in New Zealand, Australia, Sri Lanka and Fiji
- Take more pottery classes
- Create a 200hr YTT
- Continue growing my business
- Fall in love with myself
- Never stop growing into my best version

AMBER HAGBERG

INTERNATIONAL YOGA TEACHER, MASSAGE
THERAPIST

ABOUT ME

I was born 1989. I am an International Yoga Teachers and Massage Therapist currently based in Costa Rica. In Yoga I found deep healing, which is where I uncovered who I am today. I took over 260hrs of yoga training and continue to study every year with teachers who inspire me. I travel the world leading yoga teacher trainings and my own retreats and surf every day I can. I truly believe we all have a chance to create the life we dream about in our minds with healing, determination, commitment and trust in ourselves.

WORK EXPERIENCE

Yoga Teacher Training

Colorado, United States

I taught over 1500hrs of yoga classes in studios, universities, and homes with a range of styles – Yin, Vinyasa, Hatha. All levels from advanced, Partner and Acro Yoga as well as kids yoga.

Danyasa Yoga Retreat Center

Dominical, Costa Rica

Part time Yoga Teacher since 2016 (as long as I am not traveling for work or study)

Owner of Amber's mobile Healing Service

Dominical, Costa Rica

Offering private Yoga classes and bodywork in homes, offices, and businesses for the surrounding area of Uvita – Dominical, Costa Rica
www.dominicalmassage.com

Owner of Live Your Yoga Retreats

Mostly Costa Rica

Turning my dreams into reality as I lead life changing and transforming Yoga and Surf Retreats with my home base out of Costa Rica
www.amberhagberg.com

ABOUT ME

Favorite book

Eat, Pray, Love – Elizabeth Gilbert
Awaken the Giant within – Tony Robbins

Favorite quote

"I trust the ones who are always seeking to grow." – Yung Pueblo
"Every problem is a gift, without problems we would not grow" – Tony Robbins