

Carmen Ana Hernandez Esquijarosa

Contact

PHONE:

+49 176-314-66816

WEBSITE:

www.carmenanayoga.com

EMAIL:

carmenanaesquijarosa@gmail.com

EDUCATION

SRH Berlin University of Applied Sciences

October 2023 – August 2025

MA. Social Design and Sustainable Innovation

Graduate Researcher – Ethnographic Fieldwork

Paul Watson Foundation | Aboard RV John Paul DeJoria

May–June 2025

Blended Intensive Programme (Erasmus+) – GREEN DEAL COLLIDER: Sustainable Futures

TalTech – Tallinn University of Technology, Estonia

January 2025

Florida International University

December 2021

BA. Sustainability and the Environment 3.85 GPA

National Society of Leadership and Success

Member since November 2021

Ethnographic/Anthropology studies in the Amazonian rainforest of Ecuador with Quechua indigenous community.

February-March 2019

Kriya Yoga/Vedanta Studies/Meditation, Parmath Nikethan Ashram, Rishikesh, India

March-April 2016

Miami Dade College

AA. Mass Communication/Journalism 3.26 GPA

International Sivananda Vedanta Yoga Centre, Nassau Bahamas

February-March 2016

Yoga Siromani-Teacher of Yoga

Grupo Geda, Pinar del Rio- Cuba

2006-2008

Speleology Studies

Community Services

- Conservation Internship at Pelican Harbor Seabird Station. Working with Florida endemic wildlife (August 2021-December 2021)
- Created the [petition](#) “Ban Plastic Bags in Miami Beach-Protect Our Beach” May 2021 .
- Volunteer at Pelican Harbor Seabird Station. Participating in the rehabilitation of Florida’s native wildlife (March 2021-February 2022)
- Participated in the Tropical Conservation Internship with Education Fund. Teaching science lessons and yoga in eatable gardens at Sylvania Highs Elementary (September-December 2019)

- Offered monthly yoga sessions at Lotus House Women's Shelter in Miami in 2018.
- Facilitated free weekly yoga session at Kennedy Park in Coconut Grove Miami (March 2013-December 2016)

WORK EXPERIENCE

Field Researcher & Crew Member

Paul Watson Foundation – Aboard RV John Paul DeJoria
May–June 2025 |

Conducted ethnographic fieldwork for my graduate thesis while embedded as a crew member aboard a marine conservation vessel. Participated in direct action training, daily operations, and data collection through participant observation and informal interviews, exploring the social dynamics and ethical frameworks of environmental activism in practice.

Yoga Teacher

Dharma Studios Berlin
January 2024-Present

Offering classes rooted in mindful movement, breath awareness, and alignment. My approach blends traditional yogic principles with contemporary techniques, aiming to create inclusive and grounding spaces for both beginners and experienced practitioners. Teaching at Dharma's Kreuzberg and Neukölln locations, I engage a diverse community through thoughtful, accessible, and embodied practice.

EasySustainability- Environmental Researcher

(Remote Internship/Volunteer)

September 2022–February 2023

Within a team of young professionals, graduates and PhDs currently working with several projects, including webinars, pro-bono sustainability consulting for firms, Erasmus+ training courses.

Qb- Panelist/ Community Leader/Community participant in a Climate Justice Study

in Miami Florida, United States

July 2022- December 2022

Participating in a Climate Justice Listening Tour to inform Verizon's Climate Justice Strategy. Bringing under-represented voices to the climate justice conversation to guide the climate solutions we need in our communities. Engaging in meaningful discussions about the problems and solutions needed at local level from a climate justice and environmental justice perspective.

State of Yoga-Yoga Teacher

June 2020–January 2021- (727 Fourth St, Miami Beach Florida 33139)

Facilitated guided yoga sessions for diverse age groups in person and virtually.

Ched-Med-Corporate Yoga Instructor

March-June 2020 ((1395 NW 167th St, Miami, FL 33169)

Provided virtual sessions during the first months of Covid-19 for the employees of Chen Med. Facilitating a healthy introduction to the practice of yoga and it's benefits in the times of a pandemic.

Lightrail Yoga-Yoga Teacher

April 2018-September 2019

(3310 Ponce de Leon #240 Coral Gables, Florida 33134)

Teaching different yoga styles on weekly basis.

Soho Beach House -Yoga Teacher

April 2018-May 2019 (4385 Collins Ave, Miami Beach, FL 33140)

Adapted open level Vinyasa style for travelers and club members.

El Encanto Medical Center- Chair Yoga Teacher

March 2018-December 2018-(255 University Dr, Coral Gables, FL 33134)

Modified gentle approaches to the teachings of yoga while seated on a chair. To allow seniors and those living with disabilities to safely practice yoga.

Business Owner at Carmen Ana Yoga LLC since June 2016-Present

Daa-naa Yoga- Founder

April 2016-May 2017 Grove Bungalows 3301 Franklin Ave, Miami Florida 33133)

Created a community space for spiritual practice. Guided mantras, pranayama, asanas and meditation.

Dharma Yoga Studio-Yoga Teacher-Social Media Manager

February 2014-July 2020 (3170 commodore plaza, Miami Florida 33133)

Teaching yoga sessions while introducing philosophy, breathing, synchronized sequences of asanas or postures to tone the body and improve agility, as well as long relaxation. Managing Facebook and Instagram accounts.

Balance Body Box- Yoga Instructor

January 2015-February 2016(4600 SW 71st Ave Suite 104, Miami Florida 33155)

Implemented a Yoga and Fitness approach.

Combined Yoga and fitness by mixing classical Yoga techniques and Pilates.

DHARMA STUDIO COMMUNITY CLASS AT PEACOCK PARK- Yoga teacher

October 2014 – December 2017 (2820 McFarlane Rd Miami, Florida 33133)

Developed, instructed, and led stretching, warm-up, and cool down exercises, along with breathing and relaxation techniques. Supported the creation of a non-judgmental and fun environment to optimize learning while in a public open space.

Developed strong leadership and public speaking abilities after teaching big groups of up to 120 students every week.

Managed equipment used for class (speaker and microphone).

Forest Pilates-Hatha Yoga Teacher

JANUARY 2014-July 2014 (1751 W Flagler St, Miami, Florida 33135)

Facilitated the proper atmosphere for a healthy classical hatha yoga class. Guided open level sessions twice a week.

SKILLS

- Design Thinking
- Design Research
- Sustainable Design
- Environmental Research
- Editorial Design
- GIS (Geographic information Systems) Data Conversion, editing, analysis, georeferencing, data management.
- Organization and leadership
- Developed public speaking.

- Managed social media platforms (Instagram and Facebook for dharma studio and Carmen Ana Yoga LLC)
- Created, designed, and maintains website (www.carmenanayoga.com)
- Mastered online teaching (zoom meetings as virtual studios)
- Maintains a constant self- studying, lifestyle following the philosophical foundations of yoga.
- Provides counseling to lead a healthy lifestyle.