

VALENTINA SALONNA

PhD Student in Life Science, Yoga teacher & Yoga therapist



LANGUAGES: **Italian** (mother tongue), **English** (United Nations Proficiency Certificate, New York 2009), **French** (United Nations Proficiency Certificate, New York 2009), **Spanish** (fluent), **German** (basic), **Japanese** (basic).

EDUCATION

Since 01/2013

PhD candidate in Life Science at FBM (Faculty of Biology & Medecine), University of Lausanne

Host Institute: IHM (Institut des Humanites en Médecine), CHUV, Lausanne.

Thesis: « **Yoga-therapy & Mindfulness : Histoire institutionnelle et perspectives anthropologiques de l'introduction du yoga dans la culture médicale suisse** », direction Prof. Vincent Barras.

03/2014

Yoga Suisse Federation (FSY, Bern, Switzerland, www.yoga.ch)

- Certificate of Professional Aggregation as Yoga Teacher.
Manuscript: « *Mémoire de Yoga - Questionnaire de littérature yogique* »

12/2012

ASCA Licence of Aggregation as Yoga Therapist

- ASCA is the Swiss Foundation for the Recognition and Development of Complementary and Alternative Medicine, Fribourg, Switzerland (www.asca.ch)

9/2011 – 09/2012

Certificate of recognition as Counsellor in Sexology and Fertility

SymptoTherm Foundation, Lully VD, Switzerland (www.symptotherm.ch)

- Main courses: Sexology, Fertility Awareness, Natural Conception Regulation, Natural Contraception Regulation, Breast feeding, Pre-menopause, the Sympto-Thermal Method

10/2008 – 06/2012

Certificate of recognition as Yoga Teacher & Yoga Therapist

E.S.Y. – Ecole Supérieure de Yoga, Lausanne, Switzerland

- Main courses: Anatomy, Physiology, Pathology (ESY/CHUV Certificate, Lausanne 2011); Pathology (*Yoga Suisse* – Swiss Federation of Yoga Certificate, Bern 2011); Oriental Philosophy and Literature, Yoga practice of Asana (Postures). Manuscript: « *Mémoire de Yoga Thérapie : suivi d'un cas spécifique* »

11/2005 – 2/2008

Master in Advanced Studies (MAS) in International Relations and Development Cooperation -- distance learning (post Bologna Reform)

University for Foreigners of Perugia, Italy (www.unistrapg.it)

- Main courses: Peace building, Negotiation, Conflict Management, Development Economics, Intercultural Communication and International Cooperation. Master's thesis: « *Beppe Grillo e il Pacifismo. Intervista ad un leader della contro-informazione* ». Final Marks: 106/110

9/2000 – 7/2004

Master's Degrees in International and Advertising Communications (ante Bologna Reform). University for Foreigners of Perugia, Italy (www.unistrapg.it)

- Main courses: Political Communication, International Law, Media Information, Advertisement Techniques, Economics, Linguistic Abilities. Master's thesis : «*La Campagna Elettorale tra Democrazia e Rappresentanza*». Final marks: 99/110

9/1995 – 7/2000

**Scientific Graduation Certificate
Scientific Lyceum, Ostuni (BR), Italy**

- Main courses: math, physic, chemistry, literature, philosophy, modern languages, Latin, communication systems. Final marks: 100/100

PROFESSIONAL EXPERIENCE

Since 09/2013

Independent Yoga therapist and sexologist at Centre Vitalitis, Lausanne, Switzerland

- Yoga-therapy private sessions, coaching, sympto-thermal method, personal development and sexology counselling (<http://www.valentinasalonna.com/>)

Speaker and teacher for International Workshops and Conferences on “Menstrual Cycle and Sexology”

- Promoter and worldwide advocate of “Gender cycle awareness – fertility awareness”

Since 01/2011

Independent professional as Yoga teacher & Yoga therapist

- Built up Collective & Individual classes in English and French. Every class has an average of 12 participants. Special Health Service for Pregnant Women;

Specialist and counselor on Natural Conception and Contraception Regulation

- The “Sympto-Thermal Method” at the Foundation Symptotherm, Lully, Switzerland (www.sympto.org)

05/2010 – 12/2011

Amazentis SA – EPFL, Science Park, Lausanne, Switzerland

Assistant to the CEO & Office Manager

- Amazentis SA is a biotech company in the sector of functional foods and ingredients
- Responsibilities included: assuring the smooth daily operations of the office; overseeing an office move; negotiating purchases with third party vendors; supporting the CEO; event planning; marketing research in functional ingredients and foods

03/2009 – 03/2010

UN (United Nations) - International Organization for Migration (IOM), Geneva, Switzerland

Project and Information Management Assistant, Emergency and Post-Crisis (EPC) Department:

- Coordinator Haïti earthquake 2010 task force action record
- Focal point EPC Knowledge Repository Intranet page and projects databases
- Coordinator IOM exhibition AU Summit 2009, Kampala, Uganda
- Coordinator assistant logistics: camp management, displacement, recovery & mitigation
- Coordinator assistant assembling and editing projects, elaborating budgets, fundraising

Regional Adviser Special Assistant, External Relations Department (ERD)

- Coordinator diplomatic relations with Member States Permanent Missions (UN protocol). Regional frame: North Africa, Middle East and Gulf States

3/2005 – 8/2008

Consulate General of Italy, Lausanne, Switzerland

Civil Servant: Social Security Officer, Patronato ACLI (Associations for Italian workers abroad)