



YENI ÖGREN

Yoga & Therapy

ABOUT

Yoga

Modern & Traditional

Chinese Medicine

Acupuncture, Massage
therapy & Intuitive healing

LANGUAGES

Fluent in English, Swedish
and Portuguese. Good in
Italian, Spanish, Norwegian.

CONTACT ME

 +351 913 913 943

 yeni@yogawithyeni.com

 Portugal

➤ EDUCATION

UNIVERSITY OF TCM, PEDRO CHOY

*Course of Traditional Chinese Medicine (5
years Graduation Studies) entitled “Chengdu
Bachelor’s Degree in Chinese Medicine”*

2011 - 2016

CHENGDU UNIVERSITY OF TRADITIONAL CHINESE MEDICINE, CHINA

*Traditional Chinese Medicine Studies and
internship*

2015 - 2016

PORTUGUESE YOGA CONFEDERATION

*Special Course in Yoga Studies (5 years, 4000
hours)*

2012 - 2016

YOGA.PRO.BR

*Yoga Course with Pedro Kupfter (2 years,
over 600 hours)*

2021-2023

UNIVERSITY OF LUSÓFONA

Special Degree for professional Acupuncturist

2022-2023



➤ PROFESSIONAL EXPERIENCE

FOUNDER AND CREATOR OF YOGA WITH YENI - PT

Project focused on the teaching of Yoga through group, private & online classes, workshops, retreats, and mini courses.

Over 200 practitioners

2019 - NOW

HEALTH THERAPIST AND OWNER OF ESPAÇO CURA - OEIRAS, PT

Space dedicated to the practices of Chinese Medicine and Intuitive healing

2021 - NOW

FOUNDER AND CEO OF YOGA SPACE - PAREDE, PT

2021 - 2022

ACUPUNCTURIST AT CLÍNICA CACI - CARCAVELOS, PORTUGAL

2019 - 2021

ACUPUNCTURIST ON STEINER TRANSOCEAN - USA & AUSTRALIA

Princess cruise line and Disney Cruise line

2016 - 2018

INTERNSHIP PRACTICE AT CHENGDU UNIVERSITY HOSPITAL OF TCM - CHENGDU, CHINA

2015 - 2016

YOGA INSTRUCTOR AT OEIRAS YOGA CENTER - PORTUGAL

2013-2016

SPECIALIZATIONS

Human Anatomy and Physiology I and II,

Neurophysiology,

Psychoneuroimmunology,

Biochemistry, Complementary

exams of diagnosis, Diagnosis in

Chinese Medicine and Food and

nutrition

- University of Lusófona

Acupuncture for Mental Health -

associação de Medicina energética

- Institute Van Nghi, IVN

Aesthetic Acupuncture - Pedro

Choy's University of TCM, Dra.

Sofia Santos

Yoga for Pregnancy & Yoga for

Children - Portuguese Yoga

Confederation

Bhagavat Gita Studies - Patrick

van Lammeren

Haṭhayoga Pradīpikā, Gheraṇḍa

Samhitā, Śiva Samhitā, Śivasūtra,

Yogasūtra, Bhagavadgītā, Nirvāṇa

Śaṭkamī, Sādhana Pañcakam,

Kāthopaniṣad, Īsopaniṣad,

Amṛtabindu Upaniṣad - Pedro

Kupfer

Reiki level I e II - Mestre Joaquim

Antas Antas

Spiritual studies and practices -

Claudia Anton

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