Nuria Vera Curriculum Vitae

1996: Qualified as a physiotherapist, University of Murcia

1999-2002: Three-year, full-time training as a teacher of the Alexander Technique at ATCA (Alexander Technique Centrum Amsterdam) with Tessa Marwick and

2003-2004: postgraduate training with Ilana Machover in her Eutokia method (using AT to facilitate easier pregnancy and natural childbirth)

2003-present: teaching Alexander Technique in my hometown of Murcia, one-to-one and group classes. I have given workshops for many different professional groups including doctors, physiotherapists, school teachers, dancers, musicians, etc.

2014 to 2018: Postgraduate diploma in Jessica Wolf's Art of Breathing

2024: Certified Instructor of Master Wing Cheung´s Tai Chi Qigong Shibashi Level 1

2024: Qualified to teach Jessica Wolf´s Art of Breathing postgraduate diploma for Alexander Technique teachers

2025:Certified Instructor of Master Wing Cheung´s Tai Chi Qigong Shibashi Level 2

2026:Certified Instructor in Master Wing Cheung´s Tai Chi Neigong Level 3