

Isabella Pitaki

Yoga Expert, Astrologer and Integrative Medical Doctor.

Península de Maraú
+55 73 998527830
isabellapitaki@gmail.com
www.isabellapitaki.com



PROFESSIONAL IDENTITY

Her actions are guided by humanitarian ethics and the principles of neutrality and horizontality, being tolerant and flexible, possess solid interpersonal skills, for the ability and willingness to interact with people of all nationalities and cultures, and still be firm but sweet to teach effectively. Have large experience to attend the needs of the most vulnerable people in terms of healthcare. Believes in the universality of healing, integrating holistic tools with modern science.

HEALTH GRADUATION

Medical Doctor
Faculdade Evangélica do Paraná
Curitiba, Brazil 2010

Specialization in Internal Medicine
Angelina Caron Hospital, Brazil 2016

Post Graduation in Systemic Psychology
Religare, Brazil 2009

Training in Ayurveda
Ernakulam, Índia 2008

Post Graduation in Ayurveda
ABRA, Brazil 2016

Training in Psychedelic Assisted Psychotherapy
Harvard Medical School, 2023

IX Course of the Therapeutic Use of Cannabis sativa L.
Federal University of São Paulo, 2023

Training in Psychedelic Assisted Therapy – Mind Medicine, Sydney, 2023

Training in Psychedelic Assisted Psychotherapy
Harvard Medical School, 2024

YOGA GRADUATION

Yoga Teacher Training – Swastya Yoga Método DeRose
Curitiba, Brazil 2001

Hatha Vinyasa Yoga Teacher Training 200h
Camila Reitz, Yogashala
Florianópolis and Curitiba, Brazil 2007

Yoga Teacher Training
David Lurey, Enchanted Mountain
Garopaba, Brazil 2015

Yoga Teacher Training 500h YA
David Lurey, Santa Catalina
Mallorca, Spain 2017

The Majesty of Being – Yoga Intensive
Megan Currie, Global Flow
Amsterdam, Netherlands 2018

Trauma Informed Yoga 100h
Bec Isaacs, Byron Yoga Centre
Byron Bay, Australia 2023

PROFICIENCY

- International speaker;
- Lead teacher in international Yoga Teacher Trainings 200h and 300h;
- Lead teacher and facilitator in wellness retreats;
- Consultation in Naturopathy;
- Evaluation of daily habits, routines and diets;
- Integrative medical solutions for patients suffering from mood disturbance and psychological instability;
- Psychotherapy based on Tropical Astrology;

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PROFESSIONAL EXPERIENCE

February 2008 – Ayurvedic Therapist

Training in Ayurveda, Ernakulam Hospital – Índia.

January 2010 – Medicine Doctor

Medical Doctor by Faculdade Evangélica do Paraná, Curitiba- Brazil.

March 2010 – March 2018 – Emergency Doctor

Worked as an Emergency Doctor in Public and Private Hospitals in many states of Brazil (Uruçuca, Itacaré, Maraú, Armação dos Búzios, Cabo Frio, Rio de Janeiro, Curitiba, Colombo), having experience with a diverse public and structures, being trained to be tolerant and flexible and possess solid interpersonal skills, to adapt and conduct circumstances dealing with the needs of the most vulnerable people in terms of healthcare, having willingness to interact with people of all cultures.

March 2010 – May 2013 – General Practitioner

Worked as a General Practitioner in Public Community Clinics of the States of Bahia and Rio de Janeiro in Brazil (Uruçuca, Itacaré, Maraú, Armação dos Búzios), focusing on prevention and family care, introducing her integrative knowledge to create accessible and universal care.

February 2010 – March 2013 – School Doctor Volunteer

Volunteer as Anthroposophic doctor in a Waldorf School, Dendê da Serra, and as an Anthroposophic clinician in Rio de Janeiro, under supervision of Dr. Darlan Ferreira.

January 2013 – actual – Writer

Wrote weekly to a newspaper column "Vida com saúde", published poetry in the Sociedade Brasileira de Médicos Escritores (SOBRAMES).

February 2015 – March 2016 – General Practitioner

Studied Specialization in Internal Medicine and introduction to Cardiology in Angelina Caron Hospital, Curitiba – Brazil, working as a clinician in all sectors of Neurology, Nephrology, Intensive Care, Cardiology, Hepatology and transplants.

December 2016 – Singer and Songwriter

Launched her first of 3 music álbuns as a singer and composer in company of traditional brazilian musicians as Roberto Menescal, Sérgio Brito and Marcos Suzano, available in streaming and playing live in events as Kirtans.

February 2017 – International Speaker – France

Taught an Integrative healing workshop based on Ayurveda and the Five Elements for mental health, Clinique La Board – France.

March 2017 – Retreat Lead Teacher/Doctor

Guided detox retreats in partnership with Laura Packer at Chacarananda Ashram, SC with Yoga and Integrative Medicine sessions.

May 2017 – actual – Senior Yoga Teacher

Experienced International Certification Yoga Teacher (E-RYT500) in 200h and 300h courses, training students in Brazil, United States, Bosnia, Belgium and Tahiti.

March 2017 – actual – Naturopath

Integrated into Medicine the Yoga Philosophy, Ayurveda and Astrology, created an holistic consultation approaching the issues of the physical body through clinical physiology, the change of habits and orientation of diet, use of herbs, vibrational medicine and reading of the astrological chart. Patients from many countries keep following on remote consultations.

May 2020 – actual – International Speaker – Belgium

Invited online teacher on "Bases of Ayurveda" in other Yoga Teacher Trainings, as for Ananda Marga Institute and Antwerp Yoga, for four consecutive years.

January 2022 – February 2023 – Institutional Doctor

General Practitioner for the Mayrahu Institute (Project for building Communities), using integrative health to treat their employees and families, focusing on prevention and quality of life, doing individual consultations and community talks about universal information of general Health.

September 2021 – Post Graduation Provider School

Her Yoga School was recognized by the Brazilian Ministry of Education as a Post Graduation in Health provider, having the same certification overseas as Continued Education certifier for Health Practitioners as agreed with the Centre Hospitalier de la Polynesie Française.

March 2023 – actual – Psychedelic Medicine

Focusing on Trauma Informed Care consultations, follows patients in psilocybin microdosing therapy;

Januray 2024 – Astrologer

Completes 23 years as a Yoga teacher and 7 years as a professional Astrologer.

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COMPLEMENTARY EDUCATION

2000

Formal training in singing and interpretation in the Conservatory of MPB, Curitiba – Brazil.

2003

Training in professional Bach's Floral Remedies in mental health, Monah's Flower – Brazil.

2006

Interior Design, Instituto Marangoni – London UK.

2006

Astrology for Doctors, Nick Hughes – London UK.

2008

The life of plants – Prana Therapy, lucid dreaming and the use of pendulums and crystals for balancing the chakras.

2012

Prana Therapy, Master Choa Kok Chui – Brazil.

2013

Bases of Acupuncture, Associação Paranaense de Acupuntura – Brazil.

2013

Bases of Anthroposophy, Clinica Tobias – Brazil.

2017

Alchemy of the Four Elements – Damanhur Spiritual Community, Italy

2018

How to build a Community , Spiritual Physics , Time Travel, Dreams Science – Damanhur Spiritual Community, Italy

2019

Lomi-lomi Hawaiian massage and traditional spiritual concepts, Shane (Hawaii) – Tepoztlán, México

2022

Sound Healing Therapeutic and Shamanic Approach, Michelle Button (México) –Algodões, Brazil

2024

Initiation as Medicine Cacau Guardian – Terra Mirim, Xamanismo Andino da Grande Mãe, by Xamam Alba Maria and Jurema Mulher Medicina, Bahia – Brazil.

LANGUAGES

ENGLISH – proficiency

ITALIAN – advanced

FRENCH – basic

SPANISH – basic

PORTUGUESE – mother tongue

GOVERNMENT PUBLIC SELECTION

S21 – MÉDICO AMBULATORIAL PMF (Programa Médico da Família) Concurso Público – 2013, Armação dos Búzios – Rio de Janeiro

ASSOCIATIONS

Member of the Brazilian Society of Integrative Medicine (SBMI)

Member of the Sociedade Brasileira de Médicos Escritores (SOBRAMES) Brazilian Society of Writer Doctors

Member of the Brazilian Society of Naturopathy (SBNAT) – Associated to World Naturopathic Federation (WNF)

Yoga Alliance Experienced Registered Yoga Teacher (E-RYT500), Yoga Alliance Continued Education Provider (YACEP) and as Registered Yoga School (RYS)

MEDIA

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RETREATS GALLERY

2016

I Detox, Yoga e Ayurveda, Chacarananda Ashram, SC - Brazil

7 days

2017

II Detox, Yoga e Ayurveda, Chacarananda Ashram, SC - Brazil

5 days

2017

I Yoga & Mistérios - Pedra do Sabiá, Bahia - Brazil.

4 days

2017

YTT 50h - Piracanga, Península de Maraú, Bahia - Brazil.

5 days

2018

YTT 150h - Piracanga/Cassange, Península de Maraú, Bahia - Brazil.

15 days

2021

II Yoga & Mistérios - Carnaval - Sítio Ponta da Balleia, Cassange, Península de Maraú - Brazil.

4 days

2018

YTT 100h - Sarajevo, Bosnia

10 days

2018

III Yoga & Mistérios - com Re Mozzini, Dharmashala, Parati, RJ - Brazil.

5 days

2018

YTT 200h - em Parceria com Premananda YS, Alto Paraíso, GO - Brazil.

20 days

2019

YTT 200h - em Parceria com Premananda YS, Miami - US

20 days

2019

Imersão Amazônia - em Parceria com Premananda YS, Manaus - Brazil

5 days

2019

YTT 30h - módulo Premananda YS, Montanha Encantada, Garopaba, SC - Brazil.

3 days

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2019

YTT 200h – Premananda YS, Alto Paraíso, GO – Brazil.

20 days

2021

YTT 200h – International Yoga Teacher Training, Premananda YS, Pousada Ilha Verde, Itacaré, Bahia – Brazil.

22 days

2021

YTT 200h – I "Da Raíz às estrelas", Sítio Ponta da Balleia, Cassange, Península de Maraú – Brazil.

22 days

2021

IV Yoga & Mistérios – Sítio Ponta da Balleia, Cassange, Península de Maraú – Brazil.

5 days

2021

YTT 200h – II "From the Roots to the Stars", The Soulfulkind, Itacaré, Bahia – Brazil.

22 days

2022

YTT 200h – III "From the Roots to the Stars", Oca del Mar, Algodões, Península de Maraú – Brazil.

22 days

2022

YTT 200h – IV "From the Roots to the Stars", The Soulfulkind, Itacaré, Bahia – Brazil.

22 days

2023

YTT 200h – V "From the Roots to the Stars", Teahupoo, Tahiti – French Polynesia.

22 days

2023

YTT 200h – VI "From the Roots to the Stars", Course Coordination, Marrakesh – Morocco.

21 days

2024

V Yoga & Mistérios – Retiro de Conexão com a Grande Mãe, Piracanga, Península de Maraú – Brazil.

4 days