

FUNCTIONAL

ZEN YOGA & SOUND



ABOUT ME

I'm a 33 years-old Yoga Teacher born in Italy who is dedicating his life to helping people worldwide discover their True Selves through yoga practices and wisdom, living life according to their inner values, and spreading joy through the yoga path.

My approach, Functional Hybrid Zen Yoga & Sound, is a fully integrated method designed to cultivate strength, awareness, and transformation on all levels.

Blending traditional yoga styles (Hatha, Vinyasa, Kundalini, Yin, Arogya) with Functional Training, Zen Buddhist Philosophy, and Sound Healing Practices, I developed a dynamic, holistic practice that adapts to the body's natural mechanics while expanding consciousness beyond the mat.



SKILLS

- Hatha Yoga
- Vinyasa Yoga
- Kundalini Yoga
- Yin Yoga
- Arogya (Therapy) Yoga
- Meditation
- Nada Yoga
- Zen Buddhism
- Sound Journey & Bath
- Yoga & Zen Buddhism



LANGUAGES

- Italian (native)
- English (fluent)

SAMUEL POMA

Yoga Teacher

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www.functionalzenyogasound.com



WORK EXPERIENCE

2024 – Currently

Yoga Teacher

Sicilyoga, Taormina-Letojanni (Italy)

2024 - Currently

Yoga Teacher

Hotels & Resorts, Taormina (Italy)

2023

Yoga Teacher

Yoga Huset, Uppsala (Sweden)

2023

Yoga Teacher for Corporate

- Uppsala Business Park, Uppsala (Sweden)
- Cytiva, Uppsala (Sweden)

2022

Yoga Teacher Exam Revisor for 200-hr Multi-Style YTT

- Ulu Yoga (remote)

2022

Yoga Teacher

BenEssere Postural Center, Giardini-Naxos (Italy)

2022

Yoga Teacher

BegSport Fitness Center, Giarre (Italy)



EDUCATION

2025

- **Functional Training I-II Level** with Non Solo Fitness
- **HIIT Training** with Non Solo Fitness
- **Suspension Training** with Non Solo Fitness
- **Kettlebell Training** with Non Solo Fitness

**All courses have been valid to obtain the Master degree with CONI, and International and European Master certified with NASM/AFAA CE Providers and EurEthICS ETSIA*

2024

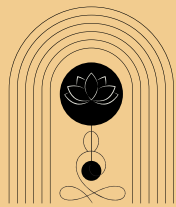
- **500-hour in Multi-style Yoga** (Hatha, Vinyasa, Yin) with Yogamu
- **300-hour in Meditation** with Yogamu (currently in progress)

2023

- **200-hour in Meditation** with Yogamu

2022

- **300-hour in Arogya Therapy Yoga** with Sampoorna Yoga



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YOGA

2013-2014

Philosophy Courses at University of Pisa (Italy)

- **Institutions of the History of Ancient Philosophy** (6CFU)
- **Institutions of the History of Medieval Philosophy** (6CFU)
- **Institutions of the History of Modern Philosophy** (6CFU)
- **Institutions of Logic** (6CFU)
- **Philosophy of Science** (12CFU)
- **Aesthetics** (12CFU)
- **Moral Philosophy** (12CFU)



CONTINUING EDUCATION

2025

- **30-hour Arm Balance and Inversion Training** with Nathania Stambouli (Yogic Flight School)

2024-2025

Eastern Philosophy Studies in Yoga and Buddhism with Yogic Studies

- **Introduction to Yoga History and Philosophy** (YS101 - 18hr) - with Dr. Seth Powell (Yogic Studies)
- **Intro to Advaita Vedanta** (YS125) with Dr. Varun Khanna (Yogic Studies)
- **The Hathapradipika** (YS203 - 28hr) with Dr. Seth Powell (Yogic Studies)
- **The Yoga Sutra of Patanjali** (YS201 - 22hr) with Dr. Seth Powell (Yogic Studies)
- **Classical Yoga and Buddhism** (YS109 -12hr) with Dr. Karen O'Brien-Kop (Yogic Studies)
- **The Yogas of the Bhagavad Gita** (YS202 - 26hr) with Dr. Seth Powell (Yogic Studies)
- **The Philosophy of the Middle Way** (BS203 - 18hr) with Dr. Jay Garfield (Yogic Studies)

2023

- **Body Sculpt Program (4.5hr)** with Rocky Heron (Yoga International)

2022

- **Yoga History and Philosophy** (12hr) with Doug Keller (Yoga International)
- **The Psychology of Ayurveda and the Physiology of Yoga** (11hr) with Kathryn Templeton (Yoga International)
- **The Heart of Practice - Asana and Beyond** (15hr) with Rod Styker, Doug Keller, Cyndi Lee, Sally Kempton, and Gary Kraftsow (Yoga International)
- **Yoga Therapy for Anxiety** (4.6hr) with Gary Kraftsow (Yoga International)
- **Yoga Therapy for Depression** (3hr) with Gary Kraftsow (Yoga International)
- **Advance your Asana (7.5hr)** with Nikki Estrada (Yoga International)
- **The Path to your Potential: A 7-class Chakra Series** (4hr) with Sierra Hollister (Yoga International)