

IRENE ZAMORA SAUMA

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PROFESSIONAL EXPERIENCE

Kokoro Bienestar

Holistic Therapist Kokoro Bienestar

Dec 2018 - Until today

Curridabat Municipality

Internship as Wellness Program Coordinator

Sept 2018 - Jan 2019

*Internacional winning program: "Ciudad Dulce"

Talent Table Subsidiaria de 21TECH, California

Remote recruiter coordinator

Apr 2015 - Apr 2018

Sibu Hotel, Puerto Viejo:

Project developer

May 2013 - Mar 2015

Grupo Serenidad, Costa Rica

Rehab clinic administrator coordinator

Nov 2008 - Dec 2013

EDUCATION

- Certified meditation and mindfulness instructor, Escuela de Crecimiento Inspirare, Madrid, Spain (2023)
- Master in wellbeing and psychotherapy, Instituto Superior de Estudios Psicológicos, Valencia, Spain (2018)
- Specialization in physiotherapy, aromatherapy and nutrition, Universidad Internacional Iberoamericana (UNINI USA) (2015)
- Summa Cum Laude in Psychology, Universidad Autonoma de Centroamerica. (2006)

COURSES

- Certification in Sacred Sexuality and Emotional Alchemy, Escuela de Sexualidad Sagrada, Vina del Mar, Chile (2021)
- Diploma in Floral Therapy, Centro Transformar, Costa Rica (2006)
- Diploma in Bioenergetics, Centro Transformar, Costa Rica (2008)