

# TENA MATOLIĆ

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## **PROFILE:**

- Born in Slavonski Brod 27.03.1994.,
- Digital competence – very good command of the Office suite and the Internet. I know the basics of programming, video and picture editing.
- Independent to proficient user of English language (which I perfected during abroad stay)
- Creative thinker and effective decision maker with genuine desire to achieve, excel and evolve in everything I do
- Sport: Tennis, Futsal, Field hockey (which I played for the Croatian National team)
- Hobbies: Hiking, yoga and meditation, cycling, spending time in nature, reading

## **EDUCATION:**

- Science and mathematics high school in Županja from 2008.-2012.
- Faculty of Kinesiology, University of Zagreb. – Master`s degree on Health and Physical Education/Fitness. From 2012-2018.
- Faculty of Sport Studies, Masaryk University Brno, Czech Republic – one semester in the academic year 2017./2018.
- Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore, India –Yoga Teacher Training/Yoga Therapy at Yoga University in 2019.
- Faculty of Kinesiology, University of Zagreb. – Student at Doctoral Studies 2020.- now

## **ADDITIONAL EDUCATION. SEMINARS. COURSES:**

- „Yoga Instructor for Diabetes Movement (YIDM)“ at S-VYASA University,
- „Rainbow yoga4kids“ certification
- Chan meditation,
- „Born2flow“ fitness program certification
- Functional yoga certification
- Ground force method
- TRE (tension relieving exercises),
- „Sudarshan Kriya“ program - Art of Living organization,
- „Releasing trauma in yoga: Psoas, chest and hips“,
- „Pranayama“
- Rocket yoga from Donovan and Ana

## **PAPERS:**

- The influence of yoga on heart rate variability, blood pressure, as well as the subjective perception of stress of individuals with and without previous yoga experience.
- Sports Club for Health (SCforH): 12 years of a successful European initiative

## **WORK EXPERIENCE:**

- 2014.- 2019. Preschool Kids Sports Trainer at „Medo sportaš“ sports academy
- 2015. Instructor for corrective exercises for women
- 2016.- 2019. Yoga teacher at „Medical Yoga Centar“
- 2018.-2020. Yoga teacher for male seniors at „Mladost“ field hockey club
- 2018. -2019. Yoga teacher for Cine-star Arena Centar
- 2019. Yoga teacher, fitness instructor, prehab and rehab programs instructor at Movement Balance System. Centar is closed in april, 2020. due to COVID-19.
- From September, 2019. External associate at Faculty of Kinesiology University of Zagreb on Yoga and Basic Kinesiological Transformations courses
- 2020. – Now. Therapist and trainer at Leguar knee rehabilitation center
- 2020. – Now. Assistant at Faculty of Kinesiology

## **ATTENDED SYMPOSIUMS, CONGRESSES, CONFERENCES:**

- Yoga Symposium Zagreb, 2018.,
- International Conference Yoga and Science in Zagreb, 2019.,
- Conference „Physical activity and cardiovascular system“,
- „Physical conditioning of Athletes“,
- „Children motor skills and abilities“,
- „Kinanthropology conference“ in Brno,
- „Students conference on Physiology“,
- Congress of Fitness Academy, 2019.
- Yoga conference in Köln, 2019.
- Yoga conference in Barcelona, 2019.
- International Kinesiology conference in Opatija 2021.

## **ANOTHER PROJECTS AND JOBS:**

- Organization and implementation of „Children motor skills and abilities“ project,
- Leader of European project „Active4life“,
- Volunteer at Special Olympics Games in Czech Republic,
- Volunteer at competition for children with disabilities „My right for game and sport“,
- Volunteer at surf club „Tri strijele“,
- Volunteer at charity yoga events
- Leader of the sports programme at „PETICA“ project,