

Maria Sol Lavinthal

Early Childhood Teacher, Yoga Teacher & Movement Therapist

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My passion for teaching came to me through my lineage. My mother (French teacher at the Latin American Alliance Française) and my Italian grandmother Maria Nélida Audicio, contemporary & disciple of Maria Montessori (headmistress of the NOA Escuelas Públicas de Resistencia, Chaco).

I deeply admire their love, compassion, patience and dedication when leading a classroom. Those are the qualities I try to emulate in my own practice.

education

BACHELORS PROGRAM
EARLY CHILDHOOD EDUCATION
Universidad de Buenos Aires
2004 - 2007

BACHELORS PROGRAM
FINE ARTS
Universidad de Buenos Aires
2005 - 2010

INSTRUCTOR CERTIFICATION
YOGA INTEGRAL
RYT, BA
2009 - 2012

GUÍA MONTESSORI
AMI Certified (0-3, 3-6 YRS)
Fundacion Argentina Maria Montessori
2023 - Present

skills

- **Highly organized**
- **Highly effective communicator**
- **Working in group environments**
- **Fluent in Spanish, Italian & French**
- **Member of FAMM and AMS**

professional experience

Afterschool Bilingual Yoga Teacher **2021-Present**
Latin American Montessori Bilingual PCS, Washington, DC
Woodlin Elementary, Silver Spring, MD
French Maternal School, Washington DC

- Teach Little Yogis and Latin Rhythm themed classes and guided activities
- Search and prepare lesson resources
- Teach breathing techniques; help students express and navigate big emotions
- Teach communicating with the body and the benefits of yoga practice
- Develop movements, itineraries and lesson plans
- Ensure students are picked up correctly and safely post-class
- Help children communicate with each other

Yoga Instructor **2011-Present**
Self Employed, Buenos Aires + Washington, DC

- Individual and group classes of up to 20 students
- 7+ years of dedicated Iyengar practice (pre-2011) prior to teaching
- Develop and teach classes of Hatha & Iyengar style restorative yoga
- Worked closely with elderly, disabled, infants and children
- Experience with both hands-on (Iyengar) and hands-free teaching styles
- Breathing technique, dance, movement, aromatherapy and crystals
- Certified REFLEXOLOGY Provider (American Reflexology Certification Board)

Montessori Teacher **2014-2019**
Buenos Aires Montessori School | Buenos Aires, Argentina

- Guided a prepared classroom environment
- Implemented Montessori principles into daily learning and support

Early Education Teacher **2012-2014**
Shailand Garden Preschool | Buenos Aires, Argentina

- Designed and implemented developmentally appropriate lesson plans
- Collaborated with parents and staff

Horse Riding Instructor **2005-2014**
Club Hipico Buenos Aires, Argentina

- Instructed children aged 3 to 17 on basic horseback riding and basic horse care
- Prepared students for showjumping and other competitions
- Supervised horse care such as feeding, bathing, saddling, and stabling
- Managed and supervised pony/birthday parties of up to 15 children
- Used equine therapy to help children with learning disabilities
- Management duties such as meetings, process-setting, and communications