



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

GUÍA MONTESSORI

AMI Certified (0-3, 3-6 YRS)

Fundacion Argentina Maria Montessori

2023 - Present

INSTRUCTOR CERTIFICATION

YOGA INTEGRAL

RYT, BA

2009 - 2012

BACHELORS PROGRAM

FINE ARTS

Universidad de Buenos Aires

2005 - 2010

BACHELORS PROGRAM

EARLY CHILDHOOD EDUCATION

Universidad de Buenos Aires

2004 - 2007

skills

- Highly organized
- Great 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, 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 were 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, handicapped and children (aged 3+)
- Experience with both hands-on (Iyengar) and hands-free teaching styles
- Breathing technique, dance, movement, aromatherapy and crystals

Wellness & Yoga Director

2023-2024

The Lane | Washington, DC

- Taught mommy and baby / toddler yoga classes
- Advised on marketing and program development of wellness and entertainment

Montessori Teacher

2014-2019

Buenos Aires Montessori School | Buenos Aires, Argentina

- Guided a prepared classroom environment
- Implemented Montessori principals 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