



Yoga with Eva

Eva Maxine Hamilton

YOGA EDUCATOR

Teacher Trainer + Mentor

Specializing in Yin Yoga, Restorative, Myofascial Release, Functional Yoga Anatomy, Yoga Philosophy & History

ABOUT ME

Hi I'm Eva.

I provide high-quality yoga education courses, in-depth yoga workshops, supportive mentorship processes for yoga teachers, and nourishing retreat experiences.

I love supporting yoga teachers to grow their knowledge, confidence, and passion

I also love creating nourishing classes and experiences for yoga students to reduce anxiety and feel at home in their bodies.

GET IN TOUCH

Website |

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Current Base |

Porto, Portugal

WORK EXPERIENCE OVERVIEW

- Over 13 years of professional teaching experience
 - Completed 200-hr in 2008, 500-hr in 2013
 - Accumulated over 1000-hrs of training in yoga modalities
- Leader of over 18 yoga teacher training programs
 - 200-hrs YTT's (in-person)
 - Specialized courses in Yin Yoga, Restorative, & Myofascial
 - Creator of course curriculum, textbooks, and online YTT's
- Degree in Religious Studies, focusing on Eastern Spiritualities
- International teaching experience (Canada, Scotland, Spain, Thailand, Mexico, France, Italy, and Portugal)
- Developer of an online class platform at www.eva.yoga
- Founder of a yoga studio in Canada (2014-2017)
- Certified Thai Massage Practitioner

REGISTRATIONS

Current yoga designations:

- E-500 RYT | Yoga Alliance Experience Yoga Teacher
- YACEP | Yoga Alliance Continuing Education Provider
- SYT | Yoga Alliance Professionals Senior Yoga Teacher
- YT-Pro | Yoga Alliance Professionals Yoga Trainer-Pro



ACADEMIC EDUCATION

Queen's University, Canada (2009-2013)
BA(Hons) Religious Studies & Gender Studies

My degree at Queen's allowed me the opportunity to study Religion Eastern Religions & Philosophy from an academic perspective, including the history, theory, & religious heritage of yoga traditions, as well as many other forms of spirituality.

- Honored by the 2013 Convocation Medal as the top-ranking student in the Religious Studies Department.

YOGA TEACHER TRAININGS

200-hr YTT with Akhanda Yoga (2008)

with Yogrishi Vishvketu in Ottawa, Ontario

Provided me with the essential skills to teach comprehensive, safe, and beneficial yoga classes. Offered a balanced emphasis on pranayama, yoga philosophy, meditation, anatomy & postural practice.

Yin Yoga Teacher Training (2011)

with Gayatri Gayle Poapst in Kemptville, Ontario

A still & meditative practice in which poses are held for 3-5 minutes to release constrictive networks of fascia, stimulate energetic meridians (based on the Chinese five-element theory), and create space for gentle internal processing.

Yoga Anatomy & Therapeutic Yoga Intensive (2013)

with Susi Hatley in Toronto, Ontario

Susi's approach taught me to assist clients by working in a pain-free range of motion, supporting individual needs, and integrating healthier movement patterns on & off the mat.

500-hr YTT with Akhanda Yoga (2013)

with Yogrishi Vishvketu & Akhanda Teachers in Rishikesh, India

A full immersion of living in an ashram for 6 weeks, practicing silence at night, early morning meditation & immersing myself in the culture of yoga. The curriculum included: classical kundalini, Hatha raja, prenatal, restorative yoga, yoga philosophy, anatomy & therapeutics, self-massage methods, subtle anatomy, mantra & meditation, facilitating transformational experiences, yogic lifestyle coaching, and the Psychology of Yoga



WORKSHOPS & IMMERSIONS

March 2008 |

- Merging Energy with Rodney Yee & Colleen Saidman Yee (16 hours)

April 2009 |

- Manipura Vinyasa Flow with Maria Garre Foundational
- Standing Poses with Natasha Rizopoulos
- Chakra Flow with Seane Corn

March 2010 |

- Maha Sadhana: Eternal Practice with Dharma Mittra
- Woman Heal Thyself with Nischala Joy Devi
- Find Your Rhythm with Sarah Thomson

March 2012 |

- I am my Own Anatomy Book with Blake Martin
- Maha Shakti with Dharma Mittra
- Variations in Sun Salutations with Maria Garre
- The Art of Sequencing with Natasha Rizopoulos
- Inner Visioning with Seane Corn

March 2014 |

- Yoga for an Aging Population with Monica Cordes & Olda Denilevich

teacher trainings continued...

Yoga for the Nervous System (2015)

with Bo Forbes at Kripalu Yoga Center, Massachusetts
Bo Forbes shared her insight as a Clinical Psychologist on applications of yoga for anxiety & depression. This course included science-backed yoga tools that can be integrated in yoga practice & consistently throughout students' days for emotional balance.

Restorative Yoga (2015)

with Judith Hanson Lasater at Kripalu Yoga Center, Massachusetts
I loved learning from Judith, who founded the practice of restorative yoga. Multiple props are used in support postures to create a parasympathetic (deep relaxation response) to heal the body & mind.

Yoga Tune Up® Level One (2016)

with Todd Lavictoire (2016) at It's Your Fitness, Perth Village
This 70-hr one-week course featured an intensive focus on anatomy & the basics of the Yoga Tune Up® method, including myofascial self care, core strength & joint stability.

Experiential Anatomy (2016)

with Judith Hanson Laster in Vancouver, British Columbia
Offered a thorough exploration of yoga anatomy & kinesiology from a functional movement perspective and an interactive, embodied approach.

Yoga and Traditional Chinese Medicine (2019)

with Tiffany Cruikshank, offered online by Yoga International
Covered the foundational principles of TCM, applications of yin and yang, five-element theory, and the meridian lines.

Yoga Trapeze Academic YTT (2020)

with The Yoga Teacher's College, offered online
This course covered setup and safety, class planning, spinal anatomy, posture clinics, and business.



Current Studies...

Mindful Trauma-Sensitive Yoga (Yoga Medicine)

Functional Anatomy for Yoga, Movement, Performance and Pain Specialists (Yoga Medicine)

Rolling Along the Anatomy Trains (Yoga Tune-Up)

Yoga for Pelvic Health (Pelvic Health Professionals)

Living Your Yoga, Teaching Yoga, and Savasana Intensive with Judith Hanson Lasater

WORKSHOPS & IMMERSIONS

March 2015 |

- Restorative Yoga Teacher Training with Andrea Peloso
- Mysteries, Mythologies & Meanings of Yoga with Bernie Clark
- Yin/Yang Fusion Experience with Bernie Clark
- The Yoga of Transformation: Connective Tissue with Bo Forbes
- Gut Wisdom: The Enteric Nervous System with Bo Forbes
- Shedding Fear, Insecurity & Anxiety with Bram Levinson
- Demystifying Energy in Yoga with J.P. Tamblyn-Sabo
- Thai Yoga Bliss: Thai Massage in a Class Setting with Nicole Ablack
- Yoga Nidra (Yoga Sleep Healing) with Rod Styer
- Calm, Steady, Strong: Yoga for Cancer Survivors with Susi Hatley

March 2016 |

- Yoga Nidra Teacher Training (one-day immersion) with Richard Millar
- Master Series: Shoulder Joint with Tiffany Cruikshank
- Suspension Yoga Training & Practice
- A Wall Yoga Love Affair with Natasha Rizopoulos
- Arm Balances & Inversions with Jason Crandell
- Hip Opening Clinic for Teachers with Todd Norian
- Ideal vs. Accommodated Function with J.P. Tamblyn-Sabo
- Core Potential with Tiffany Cruikshank

THAI YOGA MASSAGE CERTIFICATION

Thai Level One (June 2013)

with Shai Plonski | Instructed me to offer a safe and beautifully relaxing 90 minute Thai Yoga Massage. This is a traditional method of assisted stretching which integrates many customizable massage techniques (different pressure & speeds) as to best suit diverse clients' needs.

Thai Level Two (September 2013)

with Shai Plonski | Thai level two expanded my repertoire of poses and techniques and included an awareness of Ayurveda, to customize a massage series to address & balances the doshas (elemental constitutions).

Sidelaying Thai Massage Positions (March 2015)

with George Justus | Further enhanced my Thai Massage skill set by including gentle supported positions on the side, which allow great mobility in the hips, shoulders & back.



MY SIGNATURE WORKSHOPS

- Stilling the Waves:
Yoga for Anxiety Workshop
- Stress Reset:
Yoga and the Nervous System
- Intro to Yin/Yin Immersion
- Intro to Restorative/
Restorative Immersion
- The Moon Made Me do It: Lunar Yoga
- Yoga Noir: Blindfolded Yin
- Mala Workshop:
Design, Create & Meditate
- Embodied Massage: Myofascial
Release for Yoga Practitioners
- Day Retreats for Yoga Teachers
- Partner Thai Massage
- Thai Yoga Massage + Restorative Yoga
- Healing Flow: Therapeutic Vinyasa
- Pranayama Workshop: Theory &
Practice
- Energetic Anatomy: Mapping the
Esoteric Body

EXPERIENCE

Taught yoga classes and worked reception at Bodhi Tree Yoga Center, in Kemptville, Ontario (2008-2009)

Taught yoga classes and facilitating stress-reduction workshops for students at Queen's University. I also designed a yoga program for students with invisible illness and served as Co-president of the Yoga Club, which provided over 800 students with affordable regular yoga classes. (2009-2013)

taught at the Yoga Shala of Saugeen Shores and Tone Yoga (2012-2014)

For three years I co-owned a yoga studio, Metta Wave Yoga +Wellness, in Port Elgin, Ontario. We offered over 28 regular weekly classes. Beyond teaching, my work included marketing, administration, scheduling, event planning, budgeting, communications, community outreach and regular operations. (2014-2017)

I designed a regular yoga program to assist clients of the Canadian Mental Health Association to use yoga to reduce stress & anxiety (2015-2017).

In 2016 I launched my online class platform at www.eva.yoga which now features over 150 classes.

I Co-Facilitated a Yoga Retreat in Mexico (2015), in France (2017), and Italy (2019).

I moved abroad and taught in Edinburgh, Scotland at Tribe Yoga, a large chain of studios. I facilitated 12-15 weekly classes, as well as regular workshops. I also worked reception, doing administrative work & welcoming clients. (2017-2018)

I moved into the space of yoga teacher training. I instructed three 200-hr YTTs in Spain and Thailand. I also designed and taught my own Yin Yoga YTT in Spain, Mexico, Scotland, and Canada. (2018-2019)

In 2020-2021, as a result of the Covid-19 pandemic, I moved all my teaching online and offered Yin Yoga and Restorative Live Immersion trainings to yoga teachers all over the world (over 10 courses).