



VALENTINA SALONNA

COMPLEMENTARY MEDICINE
SPECIALIST

Founder & CEO ValentinaSalonna Sàrl
PhD Candidate in Life Sciences
Yoga therapist | Fertility Awareness Specialist
Sexologist | Conference Speaker

EDUCATION



On going | **Life Sciences PhD Candidate at Institut des Humanités en Médecine (IHM)**, Faculty of Biology & Medicine, CHUV - Lausanne University Hospital, Switzerland
Research title: **«Yogatherapy & Mindfulness : Institutional History and Anthropological Perspectives of the introduction of Complementary Medicine in the Swiss Health Care System»**

ASCA
Fribourg, Switzerland

Since 2012 | Complementary medicine practitioner aggregation

Yoga Suisse Federation
FSY, Bern, Switzerland

2014 | Yoga Teacher & Yoga Therapist License

E.S.Y. - École Supérieure de Yoga
Lausanne, Switzerland

2008-2012 | Yoga Teacher & Yoga Therapist Diploma

University for Foreigners of Perugia
Perugia, Italy

2006-2008 | Master in Advanced Studies (MAS- distance learning) in International Relations & Sustainable Development Cooperation

PROFESSIONAL EXPERIENCE

Since
2020

Founder & CEO ValentinaSalonna Sàrl
FNT Programme: ©FERTILITY NUTRI-TRAINING
Lausanne, Switzerland

- Team building & training
- Hormonal Cycle Therapy for Women & Men
- Fertility Awareness Treatment
- Cycle Mapping & Life Coaching
- Nutrition & Phytotherapy
- Personal Training
- BodyMind Therapy: Yoga | Meditation | Hypnosis
- Emotional Freedom Technique (EFT)

Since
2011

Yoga Therapist & Sexologist | International Workshops & Conferences Speaker | Natural Conception & Contraception Regulation Specialist & Counselor
Lausanne, Switzerland

- Yoga-therapy private sessions
- Sexuality Empowerment
- Collective yoga classes & seminars in Europe
- Orgasmic birth & Prenatal Yoga
- Fertility Awareness for Couples
- Sympto-thermal method: taught to over 800 women

Since
2015

MasterClass Teacher for Complementary Medicine Therapists
Alchéville, École de plantes médicinales
Evolène, Switzerland

- Mastering hormonal cycle therapy within «Autres Horizons» Programme

EDUCATION

University for Foreigners of Perugia Perugia, Italy

2000-2004 | Master's Degree in International Communications & Political Sciences

SCIENTIFIC EXPERIENCE

- 2019-2021 | Martial Arts Studies (MAS) : International Scientific Symposium Organiser & Scientific Committee Member, Institut des Sciences du Sport de l'Université de Lausanne, ISSUL-UNIL
- 2020 | Complementary Medicine MasterClass : «*Thérapies psycho-corporelles (Mind-Body): Utilisation des approches de pleine conscience en milieu hospitalier*», Faculty of Biology & Medicine, FBM-UNIL
- 2020 | Master's Degree Scientific Committee Expert, «*Psychologie clinique et psychopathologie*», Psychology & Social Sciences SSP-UNIL
- 2019 | Gender Scientific Symposium Expert & Mentor : «*Journée de la recherche – Plateforme Genre (PlaGe). Genre et trajectoires de yoga dans les parcours de vie*», SSP-UNIL
- 2016 | International Symposium on Contemplative Studies (ISCS2016) Participant & Speaker –University of San Diego, San Diego, CA USA
- 2016 | International Conference on Advances in Asian Medicine (ICAAM2016) – Participant & Speaker, Ministry of AYUSH, Pune, India
- 2014 | International Symposium on Contemplative Studies (ISCS2014) – Participant & Speaker – Harvard Medical School, Boston MS, USA
- 2013-2015 | Life Sciences' Doctoral School – ECTS credits : 16.75/12

GRANTS & AWARDS

- 2013-2020 | IHM *Institut des Humanités en Médecine*, Lausanne, Switzerland
- 2019 | HUG Hôpitaux Universitaires de Genève, Geneva, Switzerland
- 2014-2017 | *Fondation pour des bourses d'études Italo-Suisse*, Lausanne, Switzerland
- 2016 | FNS.Doc Mobility (Fond National Suisse), Switzerland
- 2016 | Hershey Family Foundation, Boston MS, USA
- 2014 | Best Research Topic Award: *Les Doctoriales de l'UNIL (Prix du Public)*
- 2009 | Language Proficiency Certificate, United Nations Headquarters, New York
- 2009 | *Certificat d'aptitudes linguistiques*, Siège de l'ONU, New York
- 2002 - 2004 | Tandem Project Scholarship - Unistrapp, Italy/Osaka University, Japan
- 2003 | Instituto Cervantes Scholarship, Madrid
- 1998 | Scientific Lyceum scholarship, Helsinki college, Finland

PROFESSIONAL EXPERIENCE

2011
2018

President of the Sympto-Therm Foundation

Lully-sur-Morges, Switzerland

- Women empowerment & Feminine Cycle Advocate
- Fertility Awareness methodology master
- Sympto.org app teacher & promoter

2017
2018

Rouge FM Radio Show : «Valentina : la Sexualité sans Tabous»

Lausanne, Switzerland

- Animator & Special Guest

2010
2011

CEO Assistant & Office Manager Amazentis SA – EPFL, Science Park

Lausanne, Switzerland

- Marketing Research: *Functional Food & Ingredients biotechnology*
- Third-party negotiations & Events planning

2005
2010

International Cooperation Civil Servant | Italian Government Delegate

UN - United Nations
Geneva, Switzerland

- Regional Advisor Special Assistant
- Coordinator Haiti earthquake 2010 task force action record : camp management, displacement, recovery & mitigation
- Coordinator IOM exhibition AU Summit 2009, Kampala, Uganda
- Coordinator diplomatic relations with Member States Permanent Missions (UN protocol). Regional frame: North Africa, Middle East and Gulf States
- Emergency & Crisis civil servant (IOM - International Organisation for Migration)
- Civil Servant: Social Security Officer, in cooperation with Patronato ACLI (Associations for Italian workers abroad) & the Consulate General of Italy in Lausanne

LANGUAGES SKILLS

ITALIAN: NATIVE SPEAKER

ENGLISH: FLUENT

FRENCH: FLUENT

SPANISH: FLUENT

JAPANESE: INTERMEDIATE

FINNISH: BASIC

GERMAN: BASIC

EXTRA-PROFESSIONAL ACTIVITIES

- PRESIDENT OF THE ASSOCIATION "IMPACT TOASTMASTERS LAUSANNE - *Where leaders are made*", SINCE 2020
- CO-FOUNDER ADÈLPHI' NGO - For Women empowerment (*organisation non-gouvernementale éco-féminine*), SINCE 2020
- TOASTMASTERS INTERNATIONAL MEMBER, SINCE 2016
- ADVANCED OPEN WATER DIVER, (PADI CERTIFIED), SINCE 2014

NATIONALITIES

Swiss | Italian



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PRESS

RTS, Emission "Vacarme" March 2020 :

"Contraception masculine 5/5 - La charge partagée".

RTS, Reportage "Mise au point" August 2019 :

"Aux origines du yoga".

Planète Santé Juin 2019 : "Le Yoga, une arme contre la dépression?".

'ECHO MAGAZINE March 2019 : "Le yoga n'était pas fait pour soigner".

20 minutes January 2019 : "Le tabou des règles se fissure, mais résiste".

RTS, Emission "On En Parle" January 2019 : "Le yoga, du simple exercice physique à la thérapie".

CXIO Foundation Novembre 2018 : "Médecines complémentaires: Yoga & Cancer".

Allez Savoir! UNIL October 2018 : "La yogathérapie est une invention purement occidentale".

SwissInfo Juin 2018 : "Has yoga lost its soul in the West?".

La Liberté May 2018 : "Les hormones, ras le bol!".

RTS, Téléjournal Mars 2018 : "Bénédiction de l'utérus, la force de la pleine Lune".

La Tribune de Genève March 2018 : "Le féminisme différentialiste". March 2018 : "La symptothermie, une nouvelle arme féministe".

Le Nouvelliste August 2017 : "Le yoga compte autant d'adeptes que le foot : 400 yogis sont attendus à Zinal".

RhoneFM July 2017 : "La déferlante yoga n'épargne pas le Valais".

The Organic Fashion Utopia March 2017 : "Hormone Love with Valentina Salonna"; July 2017 : "Orgasmic Birth".

Femina March 2016 : "Comment gérer sa fertilité par la symptothermie?".

L'OBS Le Plus March 2015 : "Contraception naturelle : je pratique la symptothermie. J'ai appris à gérer ma fertilité".

GenèveFamille January 2015 : "Bonnes résolutions et équilibre".

FemininBio November 2014 : "La Symptothermie, c'est un style de vie".