

# Éléonore Marion

YOGA INSTRUCTOR - NUTRITION COACH

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## PROFILE

Superyacht Chef and Michelin acclaimed Restaurant owner, a personal traveling chef job took me to Dubai where I have chosen to settle in Dubai to pursue my passion for triathlon, and train for Ironman.

I use my yoga practice and food for fuel for preventing injuries, sustaining balance and optimising athletic performances.

When not cruising the world cooking for UHNW indivi, I coach nutrition and sustainable lifestyle habits, and teach yoga.

## EXPERIENCE

### **SEVA EXPERIENCE - DUBAI - UAE – 2022-2023**

Power Yoga, Yin Yoga, Hatha Yoga, Vinyasa, Energize Flow, Gentle Flow  
Group and 1 to 1 sessions

### **THE CHI ROOM - DUBAI - UAE – 2022-2023**

Gentle Flow  
Group and 1 to 1 sessions

### **PHYSIQUE 57 - DUBAI - UAE – 2022**

Power Yoga, Yoga Sculpt , Core  
Group sessions

### **LVL UP - DUBAI - UAE – 2022**

Energize Flow  
Group sessions

### **STUDIO COACHING - SAINT-RAPHAEL - FRANCE – 2018**

Strala Yoga, SUP Yoga  
Group sessions

## EDUCATION

### **STRALA YOGA - LONDON - UK – 2016**

with Tara Stiles, Michael Taylor and Sam Berlind  
Yoga Alliance Certified 200hrs + 20hrs

### **SHIVA YOGA PEETH - RISHIKESH - INDIA – 2016**

Hatha Yoga - Ashtanga Yoga  
Yoga Alliance Certified 200hrs

### **YOGA ISLAND - ARUBA – 2016**

with Rachel Brathen, Stephanie Birch, Yulady Saluti, Geri Saluti  
OneOEight 10 days Intensive Yoga Practice, Vinyasa, SUP Yoga

### **PRECISION NUTRITION – 2022**

Certified LV1 Nutrition Coach

### **LYON III UNIVERISTE - LYON - FRANCE – 2000**

Bachelor Degree in English and American Literature, Art  
mention Italian

## SKILLS

### **LANGUAGES**

French, English, Italian, German

### **WRITING**

Poetry, essay ( licensed manuscript)

### **COOKING**

Restaurant trained Chef / Private Chef

### **NUTRITION**

Nutrition Coach Certified

### **WEB DESIGN**

web design using Word Press and AVADA

[www.eleonoremarion.com](http://www.eleonoremarion.com)

[www.elly-s.com](http://www.elly-s.com) (not anymore) Elly's Restaurant Saint-Raphael- FRANCE

### **INTERIOR DESIGN**

Elly's Restaurant Saint-Raphaël - FRANCE

my Home

# CLASSES

My classes move slowly and continuously, guided with deep breath and easygoing movement from your middle.

You will achieve more with less, conserve energy, release stress to sustain health and athletic performance.

## **ENERGIZE**

A moving flow that invigorates your body and mind while resting attention calmly on your breath.

You'll feel awake, energized and super-creative

## **POWER**

A moving flow that builds strength, balance, and flexibility evenly in the body. Calm ease is carried through simple and challenging movements alike. You get happy and healthy from the inside out!

## **DETOX**

Full body experience that will help you tone up, sweat, build endurance and strength, and detox your entire system with folds, bends, twists, carried by the breath.

## **CORE**

This strong-core sequence will move you in every direction to work your middle, building strength, blood flow and ease of movement, naturally.

## **HIP HIP HIP HOORAY**

Invite stability, lengthen, loosen, and breathe in this opening flow. Wave goodbye to tight hips and welcome release.

## **FLEXIBLE FINISH**

For runners! Arrive on the start line ready to race, remain injury free, and recover as comfortably as possible. No pain, more gain.

## **FUNDURO**

For cyclists. Be ready to up your game. Physically. Mentally too. A flow to relieve stress and tensions making you feel present, stretched out and open.

## **STREAMLINE FLOW**

For swimmers. Focus on your shoulders, chest, spine, legs, and core. Strengthen, release and breathe. Remain injury free, aligned and balanced.

## **BIRDS AND BALANCE**

Take arm balance a step further with this playful sequence. Push, pull, fly and flow. And don't forget to breathe!

## **BREATHE DEEP BEND DEEPER**

Unlock your heart, breathe deeper and allow yourself to soften in this intense back bends sequence.

# ATHLETICS

## **10 KM x5**

2001: Neuilly-sur-Seine, 2017: Nice, Hyères, Draguignan( France)

2019: Dubai Canal Run (UAE)

## **HALF MARATHON (21,1km) x9**

2001:Lyon, Paris 2016: Saint-Tropez, 2017: Cannes, Saint-Maximin, Bormes-les-Mimosas (France),  
2021 & 2022 Magaluf (Spain), 2023: Dubai Burj to Burj (UAE)

## **MARATHON (42,2km) x2**

2016 & 2017: Nice to Cannes (France)

## **CYCLING RACES x2**

2018: Les Bosses de Provence 92km, Marseille (France)

2019: Al Marmoon Women Cycling Challenge 50km, Dubai (UAE)

## **TRIATHLON S ( 750m swim, 20km bike, 5km run) x4**

2018: Rohrmann Triathlon (Antigua & Barbuda), 2019, 2020 JLL Series 1, 2, 3 (UAE)

## **TRIATHLON OLYMPIC ( 1500m swim, 40km bike, 10km run) x15**

2018: Saint-Raphaël, Mandelieu, Cagnes-sur-Mer, Marseille

2019 & 2020 Dubai Women's Triathlon (UAE)

2021: Mandelieu, Saint-Raphaël (France)

2022: JLL Series Deira 1&2, Al Mamzar 1&2, World Triathlon Championships Abu Dhabi (UAE)

2023: World Triathlon Championships Abu Dhabi, Al Mamzar. (UAE)

## **TRIATHLON LONG DISTANCE ( 1900m swim, 90km bike, 21,1 km run) x6**

2018: IRONMAN 70.3 Nice , Triathlon de Bandol (France)

2020: IRONMAN '70.3 Muscat (Oman)

2022: IRONMAN '70.3 Dubai (UAE), IRONMAN '70.3 Alcudia (Spain)

2023: RAK 113 (UAE)

## **TRIATHLON EXTRA LONG DISTANCE (3800m, 180km, 42,2km) x1**

2023: IRONMAN 140.6 Hamburg (Germany)