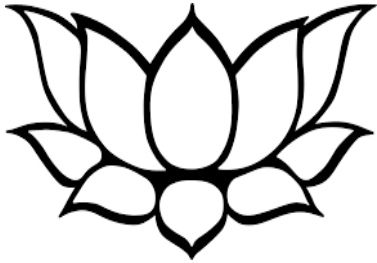


# Yoga



*“Practice, practice, all is coming...”*

• **Workshop Astanga essentials: Breath, Movement, Intention**  
(Clayton Horton, Amsterdam 2015)

Verdieping van de basiselementen van Astanga Yoga: ademhaling, zonnegroeten, staande houdingen, jump backs & jump throughs, eindposes.

• **Teaching Hatha/Astanga Yoga**

Bodytime Amsterdam, 2015- heden

• **Workshop Anatomy of Yoga**

(Pieter Hoogland, Leiden, 2015)

• **Pre Teacher Training Astanga Vinyasa System**

(Eva Ugolini, Shirley Woods, Claudia Pradella)

Delight Yoga Amsterdam, 2015

50 uur

• **Teaching Bedrijfsyoga - Hatha Yoga**

KWF Kankerbestrijding Amsterdam, 2015 – heden

• **Hatha Yoga Intensive Weekend**

(Daniel Strausser)

Yoia Yoga Schiedam, 2014

20 uur

• **Meditation/Silent Retreat Week**

(Daniel Strausser)

Ashram Sada Shiva Dham Loenen, 2014  
40 uur

• **Workshop Emotions in Motion**

(Mariah Mansvelt Beck )

Delight Yoga Amsterdam, 2014

• **Workshop Yoga Adjustments**

(Katiza Satya)

Delight Yoga Amsterdam, 2014

• **Hatha Yoga Intensive Weekend**

(Daniel Strausser)

Yoia Yoga Schiedam, 2013

20 uur

• **Yoga Festival Terschelling**

(Daniel Strausser, Christine Hariang Michon, David Lurey, e.v.a.)

Terschelling, 2013

• **Basisopleiding Hatha Yoga Docent**

(Axel Persaud, Kim Bakker, Harmke Bekkema)

Yoga Point Utrecht, 2012

100 uur