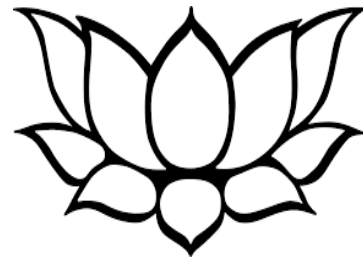


Yoga Experience



"Practice, practice, all is coming..."

- Teaching @ HotFlowYoga Amsterdam (Vinyasa Flow & Ashtanga)

Since December 2016

- Assisting @ Workshops by Adriene Mishler

October 2016

- 1 week Ashtanga Intensive by Kino McGregor & Tim Feldman

@ Vondelkerk, september 2016

50 uur

- Yoga/meditation/silence retreat

by Daniel Strausser, july 2016

40 uur

- Teacher Training Ashtanga Vinyasa

@ Kranti Yoga, Patnem, India, sept. - nov. 2015

200 uur

- Workshop Ashtanga essentials

by Clayton Horton, Amsterdam 2015

Basics Ashtanga: breath, sun salutations, jump backs & jump throughs

- **Teaching Hatha/Astanga Yoga**
@Bodytime, Amsterdam, 2015

- **Workshop Anatomy of Yoga**
by Pieter Hoogland, Leiden, 2015

- **Pre Teacher Training Ashtanga Vinyasa**
by Eva Ugolini, Shirley Woods, Claudia Pradella
@Delight Yoga Amsterdam, 2015
50 uur

- **Teaching Corporate Yoga - Hatha Yoga**
@KWF Kankerbestrijding Amsterdam, 2015/2016

- **Hatha Yoga Intensive Weekend**
by Daniel Strausser
@ Yoia Yoga Schiedam, 2014
20 uur

- **Meditation/Silent Retreat Week**
by Daniel Strausser
@ Ashram Sada Shiva Dham Loenen, 2014
40 uur

- **Workshop Emotions in Motion**
by Mariah Mansvelt Beck
@ Delight Yoga Amsterdam, 2014

- **Workshop Yoga Adjustments**
by Katiza Satya
@ Delight Yoga Amsterdam, 2014

- **Hatha Yoga Intensive Weekend**

by Daniel Strausser

@ Yoia Yoga Schiedam, 2013

20 uur

- **Yoga Festival Terschelling**

by Daniel Strausser, Christine Hariang Michon, David Lurey

@ Terschelling, 2013

- **Teacher Training Hatha Yoga**

by Axel Persaud, Kim Bakker, Harmke Bekkema

@ Yoga Point Utrecht, 2012

100 uur