



Yoga Experience

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

- **Workshop 1 week Mysore & Meditation with Gretchen Suarez**

Juli 2018

- **Teaching @ Gymlokaal (subbing) Amsterdam (Vinyasa Flow & Ashtanga)**

Since 2017

- **Workshops 3 days Ashtanga Conference @ Yogafest**

October 2017

- **Workshop Hips & Spine with Stu Gurling @ Yogafest**

June 2017

- **Teaching @ HotFlowYoga Amsterdam (Vinyasa Flow & Ashtanga)**

Since December 2016

- **Assisting @ Workshops by Adriene Mishler**

October 2016

- **Workshop Ashtanga Intensive by Kino McGregor & Tim Feldman**

@ Vondelkerk, september 2016

50 uur

- **Retreat Yoga/meditation/silence r**

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