



## Yoga Experience

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

- **Teaching corporate yoga @ InternationaalTheaterAmsterdam**  
(Slow Flow/Yang-Yin)  
From March 2023
- **Teaching @ HotFlowYoga Amsterdam** (Vinyasa Flow & Ashtanga)  
December 2016 – January 2022
- **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**

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**

@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