

CERTIFIED & REGISTERED TRAININGS

- 2018 – 2019** Yoga Therapy [IAYT 350 hrs] Yoga Therapy Institute, Amsterdam
- 2016** Ashtanga Yoga Primary Series Teacher Training [RYT 200 hrs] Tattvaa Yoga Shala Rishikesh, India
- 2013 – 2014** Kundalini Yoga Teacher Training [KRI 200 hrs] Yoga Lifestyle Studio, Amsterdam



WORKSHOPS & TRAININGS

- 2017** Ashtanga Yoga Workshop with Kino MacGregor, Delight Yoga Amsterdam
- 2017** Therapeutic Ashtanga Yoga Teacher Training [25 hrs] with Manju Pattabhi Jois, Yoga Passie Domburg
- 2017** Myofascial Release for Astanga Practitioners with Ken the Rolfer, Delight Yoga Amsterdam
- 2017** Introduction to the Ashtanga Yoga Second Series with Marilou van Hoek, Yoga Moves Utrecht
- 2017** Ashtanga Yoga Practice & Philosophy: Redefine and Refresh your Practice with Govinda Kai, Delight Yoga Amsterdam
- 2017** Ashtanga Yoga Workshop (full primary led class only) with Saraswathi Jois, Delight Yoga Amsterdam
- 2017** Art of Asana (Alignment): Forward Bends and Sitting Poses with Adela Serrano, Delight Yoga Amsterdam
- 2016** Art of Asana (Alignment): Inverted Poses with Adela Serrano, Delight Yoga Amsterdam
- 2016** Art of Asana (Alignment): Standing Poses with Adela Serrano, Delight Yoga Amsterdam
- 2016** Ashtanga Yoga Workshop (mysore only) with Eddie Stern, Delight Yoga Amsterdam
- 2016** Adjustment Clinic for Primary Series with Marilou van Hoek, Yoga Moves Utrecht
- 2016** Ashtanga Yoga Workshop (mysore only) with Mark Robberds, Yoga Fest Studio Amsterdam
- 2016** The Art of Touch with Lino Miele, Delight Yoga Amsterdam
- 2016** Introduction to Pranic Healing with Deborah Quibell & Master Hector Ramos, Delight Yoga Amsterdam
- 2016** Ashtanga Yoga Immersion (mysore only) with Petri Räisänen, Delight Yoga Amsterdam
- 2015** Introduction to Ayurveda and AyurYoga with Dr. Anil K. Mehta, EISRA Den Haag
- 2015** Ayurveda for Ashtangis with Tory Hyndman, Delight Yoga Amsterdam
- 2015** Ashtanga Yoga Pre Teacher Training [50 hrs] with Govinda Kai and Claudia Pradella, Delight Yoga Amsterdam
- 2015** Yin Yoga & Anatomy Teacher Training [50 hrs] with José de Groot, Yoga Moves Utrecht
- 2015** Thai Acupressure Massage for Health (Wat Po Style) Int. Training Massage School, Amsterdam
- 2014** Introduction to Traditional Thai Yoga (Rue Si Datton) Int. Training Massage School, Amsterdam
- 2014** Yoga Nidra Teacher Training [50 hrs] with Barbara Kündig, Yoga Moves Utrecht
- 2014** Reiki Level 1 with Fred Meijer and Edna Kalb, Amsterdam

THE YOGA THERAPY DIPLOMA 800 HOURS PROGRAM 2018 – 2019

Yoga Nidra Foundation [12 hrs]

Yoga Therapy Foundation [100 hrs]

Yoga Therapy applications of Asana, Pranayama and Restorative Yoga [50 hrs]

Yoga Therapy for Muscular Skeletal issues [50 hrs]

Yoga Therapy for Cardiovascular and Respiratory issues [50 hrs]

Yoga Therapy for disorders of the Nervous System & The Pain Clinic [50 hrs]

Yoga Therapy for Digestive issues: The Gut Link [50 hrs]

The Woman Clinic and Man Clinic [50 hrs]

Yoga Therapy for Hormonal and Immune System Disorders: The autoimmune Clinic [50 hrs]

Yoga Therapy for the Mind and Mood Disorders: Anxiety & Depression [50 hrs]

Ayurveda and Yoga Foundation Course [50 hrs]

Yoga Therapy for people living with cancer [50 hrs]

Yoga Therapy for the family, children, adolescents and the elderly [38 hrs]