

YOGA TEACHER TRAINER AND THERAPIST FOUNDER OF LUMINA - YOGA - ACADEMY

ABOUT ME

I AM A CERTIFIED YOGA TEACHER WITH OVER 14 YEARS EXPERIENCE IN TEACHING. I TEACH HATHA YOGA AND VINYASA. MY CLASSES ARE INFLUENCED BY IYENGAR YOGA. MY STILE IS CLASSIC AND BASIC WHILE I AM PASSIONATE ABOUT IMPROVING MY STUDENTS OWN PRACTICE AND THEY WILL HAVE MY FULL ATTENTION. I WANT TO LEAVE ON EACH OF MY STUDENTS A GAIN OF MORE BODY AWARENESS.

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www.luminayoga-academy.com

WORK EXPERIENCE

- Since 2011 Yoga Teacher
- Since 2018 Tuina Therapist

SPECIALIZATIONS

- Personal Training Yoga
- Group Training Yoga
- Leading Retreat Yoga
- Chinese Treatments
- 200 hr. Teacher Training Yoga
- Healthy Diet/Avantgarde Kitchen

WORKSHOPS AND TRAININGS

David Melonie – Italy , Jacki Nett – San Francisco, Glenn Ceresoli – Australia, Ralf Schütt – Germany, Feldenkrais – Germany, Pilates Training – Germany – Soft Chiropractic Treatments Ackermann – Germany, Dorn/Breuß Massage Treatment – Germany, Angela Bunk Meinert Training (Raja Gopalan) – Germany

OUALIFICATIONS

- Certified Yoga Teacher 900 hrs. India and Germany
- Certified Tuina Therapist, Berlin

ANGUAGES

German, Turkish, English