

To be continued...

Always a student

2018
MIND-WALK TRAINER
WITH JACQUELINE SMEETS
BELGIUM

3 DAAGSE WANDELTRAINING MET
MINDFULLNESS



2018
PRANAYAMA & FASCIA 50HR
WITH RUSTY DAVIS
GHENT-BELGIUM

*Breath, fascia awareness & exercise,
from kundaliniyoga & Vinyasa
intro yin yoga*

2019
DYNAMIC SPIRAL YOGA 50HR
WITH BETA LISBOA & SAI CALDER
PORTUGAL

*Dynamic yogatraining combining hatha
and ashtanga with focus on fascial
spiral movement & Qi Gong*



2019
STOELYOGA
WITH PAULA JAP TJONG
BELGIE

DAGTRAINING YOGA VOOR
SENIOREN

2019
YOGA & ANATOMY INTENSIVE
WITH LESLIE KAMINOFF
AMSTERDAM - HOLLAND

*Breath centered Yoga
Re-imagining alignment
spirals, fascia and fluids*



2019
YIN FASCIAL YOGA 50HR
WITH BETA LISBOA & SAI CALDER
ZÜRICH - SWITZERLAND

*Yin Yoga training, myofascial
release & Qi Gong*

2020
YIN FASCIAL YOGA - TRAUMA INFORMED 20HR
WITH BETA LISBOA
ONLINE

Myofascial release for hips, psoas, chest



2020
YOGALIFE FOUNDATION 200HR
WITH MANOJ & SANJEEV BHANOT
GHENT - BELGIUM

Full Hatha yoga Teacher Training

2022
Back Mitra
Dagopleiding - Mechelen

Rugpijn, shouderpijn, nekpijn



2020
TOTAL YOGA NIDRA FACILITATOR 50HR
UMA DINSMORE-TULI & NIRLIPTA TULI
AMSTERDAM- HOLLAND

*Total Yoga Nidra offers a full spectrum
dive into all lineages of Yoga Nidra*

2023
SOMA BREATHWORK INSTRUCTOR

2024
CACAO FACILITATOR - CORONA MEERMAN

2024
BLUE LOTUS FACILITATOR - BARBARA SCHRIEK

2024
RESTORATIVE ALIGNMENT - BRIGITTE LONGUEVILLE
50HR



2021
LUNAR ELEMENTAL PRANA VINYASA IMMERSION 35 HR
WITH NELE VAN POUCKE FOR SHIVA RHEA
SAMUDRA SCHOOL OF LIVING YOGA
ONLINE

*Elemental Vinyasa flows and namaskars
following the moon cycles*

2024
INSPIRED SOMATICS - ERIC COOPER

2025
MINDFULNESS MEDITATION TRAINING 100 HR
SOULVERSITY

OTHER CERTIFICATES OF 'IMPORTANCE'

- SOUND HEALING PRACTITIONER
- VOICE TRAINING FOR MANTRA'S WITH SRI SHYAMJI BHATNAGAR
- CRANIAL SACRAL THERAPY
- NITYA DEVI SADHANA - SATTVA YOGA ACADEMY 65HR