Opleidingen & Workshops

1993 Raja yoga Amsterdam
2020 The functional yoga teacher training, vinyasa & hatha yoga
2021 The functional yoga teacher training, yin yoga anatomie & chakra studies
2022 The functional yoga teacher training, yoga philosophy
2023 Pure energy yoga Esther Schreen Yin en energie verdieping
2023 Pure energy yoga Esther Schreen Yin en qi-gong verdieping
2023 Pure energy yoga Esther Schreen Yin verdieping myofascia release / Myoyin
2024 Aerial yoga Nederland basistraining
2024 Aerial yoga Nederland Aerial yin fascia training
2025 Stillnessinyoga Anoshe Overington Yin advanced de 6 divisies en qi-gong
2025 workshop bij Ron van der Post
2026 yin 3 therapeutische yinyoga opleiding, 3 modules bij Stillnessinyoga

Online trainingen

Yoga International platform yin yoga for your body Bernie Clark
Your body, your spine, Bernie Clark
Jose de Groot Yin Anatomy YTT
Jason Crandell A better way to flow
Myofascial anatomy in yoga Gary Carter