

Education

2000-2003	Apprenticeship hotel manageress, Rügen/Germany
2011 California	Yoga Alliance 200h RYT certification, Yandara Yoga, Baja
2014	RKT International certification, Rainbow Kids Yoga, Madrid
2018	Yin Yoga Basic Teacher Training 20hr, Yoga Circle, Berlin
2020	Thai Massage Training Basic 1, Lulyani-School of Thai Massage & Osteothai, Oliver Chamorro, Spain

Experience

2020	Teaching: Vinyasa Flow & Yin Yoga, Giving Thai Massages
2019	Yoga Injury Prevention & Management Program, Jason Crandell
2019	Workshop Iyengar Yoga, Ian Lewis
2018-2019	Teaching: Vinyasa Flow, Yin Yoga & Partner Yoga, public/ private classes, retreats & workshops, Andalucia, Spain
2017	Teaching: Vinyasa Flow and Yin Yoga public/ private classes and workshops, Andalucia , Spain Online “Essential Yoga Anatomy” course by Jason Crandell
2015-2016	Café Manager, Café ‘Mahlzeit’, Berlin Teaching Vinyasa Flow group classes, Berlin

2014/15	Teaching: Vinyasa flow group and private classes, Office Yoga and Kids Yoga, Spain/ Gibraltar
2012/13	Teaching: Vinyasa flow at Yoga studios, gyms and offices, Berlin
2012	Teaching: Vinyasa Flow, Ashtanga Yoga and doing reception work at "Amma Yoga Center", Mexico
2003-2015	Waitressing in different cafés and restaurants, Berlin, Spain