

Yoga CV \* Melissa Hempelmann \* 2016



### Teaching Yoga Classes, Courses & Workshops

September 2010 – present

Yoga Praktijk **Bliss&Balance**, Owner&Teacher

**Agama Yoga, Yin Yoga, Do-In Yoga**  
theory, asana's, pranayama, relaxation  
music meditation, meridians, chakra's  
yin –yang energy, classes, courses & workshops

Basis Yoga & Balans  
Spiritual Yoga & Balans  
Chakra Yoga & Balans  
Yoga for Professional Swimmers, Horse Riders

### Experience by Trainings & Certificates

nov 2015 – dec 2016	<u><a href="#">AALO Yoga Academy</a></u>	Yin Yoga 1&2, Power Yoga 1&2, RYT-200 Hrs
jan – may 2015	<u><a href="#">Do-In Yoga School</a></u> NL	Do-In Yoga Basic Teacher, WHY 200 hrs <a href="http://www.do-in-school.nl/docenten/">http://www.do-in-school.nl/docenten/</a>
Nov 2014	<u><a href="#">Wenteling</a></u> Agama Yoga	Spiritual Heart, Hidraya Yoga
june – july 2014	Agama Yoga School	Orange Sash Degree, 400 hrs Certificate of Achievement
april – sep 2010	Agama Yoga School	Hatha Yoga, Agama Yoga Level 1, 2,3,4,5,6,7,8 Agama Yoga Parichaya Instructor
jan – mrch 2010	Agama Yoga School	Teacher Training Course, 500 hrs Certificate Yoga Instructor Red Sash Degree, 250 hrs <u>Letter of Recommendation</u>
june - july 2009	<u><a href="#">Agama Yoga School</a></u> Koh Pangan, Thailand	Hatha Yoga, Laya Yoga First Month Intensive Yoga, 150 hrs
mrt - dec 2009	NLD, Australia	Hatha Yoga, Bikram Yoga