

My educational history

Below you find a list of practices that I've studied both through workshops and trainings as well as reading books, and applying them into my personal and professional life. Those practices inspired me and are integrated in my work. At times it is very clear when I am using a specific practice, other times I don't recall what inspired me. I know that all of them have influenced the way I work today.

Communication

The Work, Workshop Byron Katie - 2017
Wheel of consent, several introduction workshops - since 2017
Phoenix 3-jarige opleiding (eerste jaar) - 2018/2019
Neuro Linguistic Programming, autonomous study - since 2018
Transactional Analysis, autonomous study - since 2018
(for Nonviolent Communication, please scroll down)

Community

Starters 4 Communities - 2015
City Conversations - since 2017

Constellation works

Several themed workshops around family and professional constellations, Hylke Bonnema - 2019
Year Course Family & Organisation Constellations, Hylke Bonnema (first two weekends) - 2019/2020
Online course Intuitive Systemic Coaching - 2020
Online course Discover the hidden message of your soul - 2020
Empathy Brain, Sarah Peyton - 2020/2021

Embodiment

Weekly Ecstatic dance practice - since 2015
Contact Improvisation Festival Goa - 2018
Ecstatic Dance Festival Goa - 2018
Online Pelvic Release Training, Marielle Spronck - 2018
Voice Free-quency, Jennifer Ann - 2019
Primal Voice Unleashed, Jennifer Ann - 2019
Embodied Connection Conference - 2020
Your Nervous System and the Rhythm of Regulation, Marielle Spronck - 2020
The Embodiment Conference - 2020

Meditation & mantra

Extensive personal Mindfulness practice - since 2010
Running - since 2012
Vipassana 10 days - 2016
Mantra cursus, Patricia Pattinama - 2017

Nonviolent Communication

Introduction workshop - 2016
Basic course 9 wks, Mirjam Schulpen - 2017
Intermediate course 12 wks, Oriane Boyer - 2018
Advanced course 8 wks, Yoram Mosenzon - 2018

Year course Embodying and teaching NVC, Yoram Mosenzon - 2018/2019
Mediation Year Course, Yoram Mosenzon - 2020
Parent Peer Leadership Program - 2019/2020
Responding To The Call, Miki Kashtan - 2020 & 2021
Connecting with Children, Yoram Mosenzon - 2020
Intimate Relationships, Yoram Mosenzon - 2020
Global NVC Rising Festival #1 and #2 - 2020
Parenting without obedience, Miki & Arnina Kashtan - 2020
Compass Introduction Workshops, Arnina Kashtan - 2020
Virtual Intensive Course (IIT) - 2020
Practice Group Core Non-Violent Commitments - 2020

Pranic Healing

Basic Pranic Healing, Melanie Clissman - 2017
Advanced Pranic Healing, Vivek Yoshi - 2017
Pranic Psychotherapy, Vivek Yoshi - 2017
Super Brain Yoga, Eef Bons-Yoshi - 2018
Oneness, Vivek Yoshi - 2018

Quantum Physics

Intensive workshop, Joe Dispenza, online - 2018
Progressive workshop, Joe Dispenza, Brussel - 2018

Shamanism

The Shaman's path, Jason Simmonds - 2017
Shamanic ceremonies - since 2016

Tantra & Sexuality

Tantra Festival Amsterdam - 2018
Tantric weekend for women, Sifra Nooter - 2018
ISTA Level 1 - 2018 - Angsbacka
Tantra Festival Holland - 2018
Tantric massage workshop - 2018
ISTA Practitioners Training - 2018
Tantra Boost - Bliss your Body - 2019
One World Tantra Festival - 2020

Yoga

Yoga retreat H2O (Bali) - 2015
Yin Yoga 200 hrs (Amsterdam) - 2016
Hatha Yoga Therapy 500 hrs (India) - 2017
Yoga Nidra 20 hrs (Amsterdam) - 2017
Kids Yoga 100 hrs (Amsterdam) - 2017/2018

Other studies

MA, Architecture Academy - 2005/2011
BSc, Building Engineering, HvA - 2002/2005
IVE, Building Engineering, Scutos - 1998/2002