

Ausbildungen

- 2025-2027 Yoga Psychology Training, Dr. Kaustubha Desikachar, IND&SGP www.viniyoga.com.sg
- 2023 Viniyoga Prānāyāma Teacher, Dr. Kaustubha Desikachar, IND&SGP
- 2019-2022 Viniyoga Therapist, Brussels, Dr. Kaustubha Desikachar, IND&SGP
- 2018/2019 Yoga Nidra Lehrerin, Anna Röcker, Yogalehrerin und Yoga-Ausbilderin, Musiktherapeutin G.I.M und Heilpraktikerin, München www.annaroecker.de
- 2014 Kinderyogalehrerin, Thomas Bannenberg, Heidelberg www.kinderyoga-akademie.de
- seit 2013 Anerkennung EMfit/ Qualitätslabel für Gesundheitsberufe www.emfit.ch
- 2012 dipl. Yogalehrerin YCH/EYU
- 2010 Anatomieprüfung / Yoga Schweiz www.yoga.ch
- 2008-2012 4-jährige Ausbildung zur Yogalehrerin am Schweizer Yogazentrum in Biel, www.swyz.ch
- seit 2008 Mitglied des Berufsverbandes Yoga Schweiz
- 2006 Basis-Studium Ayurveda, Europäische Akademie für Ayurveda, Zürich www.ayurveda-akademie.org

Weiterbildungen

- 2025/09 The Power of Yoga | Exploring Prānāyāma for Health & Vitality, Dr. Kaustubha Desikachar, IND&SGP
- 2025/03 Advanced Viniyoga Therapy Training, Brussels, Rituals in Spiritual Healing, Dr. Kaustubha Desikachar, IND&SGP
- 2025/02 Webinar, Working with feelings of “not good enough” and taming the inner critic, using tools within yoga philosophy – offering yoga on and off the mat practices, Dr. Vidhi Sadana, Consultant yoga therapist and MSc in Public health (Mental health), UK www.wellbeing.net
- 2024/11 Webinar, Strategies for first consultation of yoga therapy, Dr. Vidhi Sadana, Consultant yoga therapist and MSc in Public health (Mental health), UK
- 2024/08 Advanced Viniyoga Therapy Training, Brussels, Pañcamaya and mental health disorders, Dr. Kaustubha Desikachar, IND&SGP
- 2024/05 Online Workshop, Inner Coaching – «Frau Holle – der Weg in die Tiefe führt zum Licht», Anna Röcker, München
- 2024/04 Advanced Viniyoga Therapy Training, Brussels, Spiritual and Energetic dimensions of working with Trauma, Dr. Kaustubha Desikachar, IND&SGP
- 2024-2025 Online Study Group «Nāthamuni’s Yogarahasya / the secret of Yoga», Dr. Kaustubha Desikachar, IND&SGP
- ab 2024 **Online VINIYOGA unplugged**, monthly meetings with topics on Yoga, Dr. Kaustubha Desikachar, IND&SGP

- 2023/09 Online Seminar, Inner Coaching – «Das 2. Hermetische Gesetz: Das Gesetz der Entsprechung – wie aussen so innen, wie oben so unten», Anna Röcker, München
- 2023/05 Online Seminar, Inner Coaching – «Die Kraft der Ahnen», Anna Röcker, München
- 2023/03 Online Workshop, Inner Coaching – «Steh auf und sei frei – wie wir Stärken in uns selbst finden», Anna Röcker, München
- 2022 Masterclass «Winter Soulstice», Dr. Kaustubha Desikachar, IND&SGP
- 2022/12 Online Seminar, KAVACAM | The sacred protective Chants, Dr. Kaustubha Desikachar, IND&SGP
- 2022/12 Online Seminar, Yoga – Die Magie der Ruhnächte erleben, Anna Röcker, München
- 2022/09 Online Seminar, AṢṬĀṄGA | The eight limbs of Yoga, Dr. Kaustubha Desikachar, IND&SGP
- 2022/06 Masterclass «Summer Soulstice», Dr. Kaustubha Desikachar, IND&SGP
- 2022/01-12 Prāṇa-Samyama | Mastering the vital energies! A year long immersion into classical Prāṇāyāma practice, Dr. Kaustubha Desikachar, IND&SGP
- 2021 Masterclass «Winter Soulstice», Dr. Kaustubha Desikachar, IND&SGP
- 2021/11 Online Seminar, Navagraha-gāyatrī-dhyānam! Dr. Kaustubha Desikachar, IND&SGP
Cosmic Recalibration using Mantra & Meditation
- 2021/10 Online Seminar, Sabandhaka Āsana! Dr. Kaustubha Desikachar, IND&SGP
The powerful practice of energetic locks to unlock hidden potential!
- 2021/09 Online Seminar, Empower your Self! Dr. Kaustubha Desikachar, IND&SGP
The power of meditation to embody your true nature
- 2021/07 Online Seminar, Embrace your heart! Dr. Kaustubha Desikachar, IND&SGP
The Power of meditation in expressing your intimate feelings
- 2021/06 Online Seminar, Master your mind, Dr. Kaustubha Desikachar, IND&SGP
The power of meditation in refining your thoughts and gaining focus!
- 2021/05 Online Seminar, The Yoga of Haṭhayoga, Dr. Kaustubha Desikachar, IND&SGP
- 2021/04-05 Root Chakra Healing Intensive Course, Einhaeuser Evelyn, Viniyoga®teacher,
Viniyoga®therapist, Viniyoga®vedic chant teacher, Sedona USA www.methuselahschool.com
- 2021/02 Online Seminar, Samantraka-Cakra, Dr. Kaustubha Desikachar, IND&SGP
- 2021-2024 Online Study Group «Bhagavad-gītā», Dr. Kaustubha Desikachar, IND&SGP
- 2021 Online Seminar, Meditationspraxis, Hridaya Hervé Loosli, DE www.hridaya.de
- 2020 Masterclass «Winter Soulstice», Dr. Kaustubha Desikachar, IND&SGP
- 2020/11 Online Seminar, Gāyatrī-Dhyānam Part II, Dr. Kaustubha Desikachar, IND&SGP
- 2020/10 Online Seminar, The Yoga of Bhagavad-gītā, Dr. Kaustubha Desikachar, IND&SGP
- 2020/09 Online Seminar, Gāyatrī-Dhyānam, Dr. Kaustubha Desikachar, IND&SGP

- 2020/08 Online Seminar, Samantraka-Mudrā, Dr. Kaustubha Desikachar, IND&SGP
- 2020/07 Online Seminar, Pātañjala-Darśana, Dr. Kaustubha Desikachar, IND&SGP
- 2020/06 Online Seminar, Samantraka-Prānāyāma, Dr. Kaustubha Desikachar, IND&SGP
- 2020/05 Online Seminar, Yogarahasya of Nāthamuni, Dr. Kaustubha Desikachar, IND&SGP
- 2020/04 Online Seminar, Dhyānamālikā, the poem on meditation composed by Ācārya T Krishnamacharya, Dr. Kaustubha Desikachar, IND&SGP
- 2020/2021 Online Viniyoga International Global Prayer, Dr. Kaustubha Desikachar, IND&SGP
- 2020 Online Seminar, 4 Expressive Art Workshops
ART HEALS – Body, Mind, Subconscious, Energy, Katja Ujčič, Slovenia www.katjaujcic.com
- 2019/2020 mantra-singing monthly gatherings with Manish Vyas at Spuren Salon Winterthur
- 2019 Harmonium Workshop, Manish Vyas, IND www.manishvyas.com
- 2019 Mantra Workshop, Manish Vyas, IND
- 2018 Hinduistische Götter – Bhakti-Yoga, Hridaya Hervé Loosli, DE
- 2017 The seven Cakras – exploring the energy centres, Dr. Kaustubha Desikachar, IND&SGP
- 2017 Yogaretreat „Yoga im Schweigen“, Brigitte Feige, Yogalehrerin, Berliner Yoga Zentrum www.brigitte-feige.de
- 2017 Skype Seminar „Mantra Yoga - Linking with sacred sounds“, Dr. Kaustubha Desikachar, IND&SGP
- 2016 Yogaretreat „Yoga im Schweigen“, Brigitte Feige, Yogalehrerin, Berliner Yoga Zentrum
- 2016 Mahābhūtā – Yoga and the five elements, Dr. Kaustubha Desikachar, IND&SGP
- 2015 Healing Mantras – the Yoga of Sound and Silence, Dr. Kaustubha Desikachar, IND&SGP
- 2015 Harmonium & Mantra Beginner Workshop, Thomas Hari Würmli, Yogalehrer und Musiker
- 2015 Mala Workshop, Karin Hämmig, Zürich
- 2014/2015 Weiterbildung Meditation, Brigitte Feige, Yogalehrerin, Berliner Yoga Zentrum
- 2014-2016 Supervisionen und Arbeitstage im Bereich Yogatherapie, Susan Kieser Jäggi, dipl. Yogalehrerin YS, dipl. Komplementär Therapeutin Oda KTTC, Methode Yoga
- 2014 Seminare „Die Anwendung des Yoga als Heilkunst“ & „Für Praktizierende in der Einzelarbeit“, Dr. Imogen Dalmann und Martin Soder, Berliner Yoga Zentrum
- 2013 Seminar „Yoga-Philosophie in den eigenen Unterricht integrieren“, Eckard Wolz-Gottwald, Dozent für Philosophie des Yoga, DE
- 2013 Bhagavad Gita „Der Weg zu Kraft und innerer Freiheit“, R. Sriram, Yogalehrer, DE
- 2013/2014 Skype Private Chanting Lessons, Dr. Kaustubha Desikachar, IND&SGP
- 2013 Sattvavajaya „Traditionelle Bewusstseins- u. Geistesschulung“, Prof. Dr. Martin Mittwede, Studienleiter Ayurveda-Medizin, Europäische Akademie für Ayurveda Zürich

- 2013 Skype Seminar „Adisankara-s Yoga Taravali“, Dr. Kaustubha Desikachar, IND&SGP
- **2013-2020 Skype Study Group „Patanjali’s Yogasutra-s“, Dr. Kaustubha Desikachar, IND&SGP**
- 2012-2016 Yoga Sutra Kurse, Margarete Stühl Nones, Schweizer Yogazentrum, Solothurn
- 2012 Nadi-s, Cakra-s and their Application in Yoga Practice, Dr. Kaustubha Desikachar, IND&SGP
- 2011 Mantra Yoga – Heilen mit Klang und Wort, Krishna Das, ITA
- 2011 Prānāyāma: Principles and Application, Dr. Kaustubha Desikachar, IND&SGP
- 2010 Meditation & Transformation, Dr. Kaustubha Desikachar, IND&SGP
- 2007 ISTHA Yoga Workshop „Innere Kraft“, Rachel Zinman, AUS
- 2006 ISTHA Yoga Workshop „Prānāyāma“, Rachel Zinman, AUS
- 2004 Hatha-Yoga Seminar „Freude an der Bewegung“, Christoph Schmid, Yogalehrer und Naturheilarzt
- 2003 Mantra and nada yoga, Krishna Das, ITA
- 2002 Mantra Yoga, Svayoga, Uwe Vamdev Franz, Yogalehrer und Indologe