

## QUALIFICATIONS - Isabella Nitschke

### **Summary**

Authorised teacher (Ashtanga yoga) level 2, Mysore India  
Certified Yoga therapist for mental health, The Mindful Institute (UK, London)  
Dynamic Yoga teacher, Windfire Yoga  
Certified ICC Coach, Skandinaviska Ledarhögskolan (Örebro, Sweden)  
Certified stresscoach relaxation therapist, Mental trainer, Skandinaviska Ledarhögskolan, (Örebro, Sweden)  
Master of Political Science, Lund University, (Lund, Sweden)

Aside from diplomas and trainings attended that are listed below, Isabella has done and continues to pursue self-studies in Yoga philosophy, Sanskrit language and chanting. She also continues to deepen her understanding of human anatomy and movement patterns.

In addition to the regular teaching at Ashtanga Yoga Malmö, Isabella conducts yoga retreats and workshops in Sweden and internationally. She teaches an annual summer retreat at Kadermo Conscious Living, Finland and has taught at Purple Valley in Goa, India.

### **Training and diplomas**

Apr '19	<b>Body awareness</b> (Basal kroppskänedom), 40hr course for physio therapists, Sannum Sjukgymnastik, Malmö, Sweden
Feb '19	<b>Breath-Body-Mind for Professionals</b> , 2-day training with Dr. Richard P. Brown and Dr. Patricia Gerbarg, London, UK
Jan '19	<b>Assisting R. Sharath Jois</b> , 1 month, KPAYI, Mysore, India
Jan '18	<b>Assisting R. Sharath Jois</b> , 1 month, KPAYI, Mysore, India
Jul '17	<b>Anatomy workshop</b> (hips and spine) with Stu Girling, 1-day, Berlin, Germany
Jul- Aug '16	<b>Special teachers' course</b> with R. Sharath Jois, 2 months, KPAYI, Mysore, India
Aug '14	<b>Teachers' intensive (Ashtanga)</b> with Richard Freeman, 1month, Yoga workshop, Boulder
Jan'14	<b>Anatomy and biomechanics</b> at Advanced Physiotherapy Clinic, 5 days, Mysore, India
Jun '12	<b>Teachers' intensive (Ashtanga)</b> with Maty Ezraty, 1 week, Yoga School Berlin
Jun '12	<b>Personal development through Mental Training</b> , Mental trainer 3 year course (distance), Skandinaviska Ledarhögskolan, Örebro
Oct '10 - Apr '11	<b>Yoga therapist for mental health (depression, anxiety, PTSD)</b> , 240 h, Yoga for the Mind, London
Apr '10	<b>First Aid for yoga teachers</b> , 1-day course, Yoga Campus, London
Nov – Dec '09	<b>Teachers' intensive (Ashtanga)</b> with David Swenson, 40h, Triyoga, London
Feb '09	<b>Certified Stress coach/Relaxation therapist</b> , Skandinaviska Ledarhögskolan, Örebro
Jun '08	<b>Teachers' Training (Dynamic Yoga)</b> 240h, Windfire Yoga, Hague, the Netherlands
Sep '08	<b>Certified ICC Coach</b> , Skandinaviska Ledarhögskolan, Örebro

Nov '07 **Power yoga training**, World Class Health Academy, Brussels, Belgium

May '03 **Schwinn Cycling**, Target Heart Rate Zones, Gothenburg, Sweden

Oct '02 **Certified Schwinn Cycling** Instructor, Lund, Sweden

***Practice and workshops***

Nov'19 9 day workshop and practice and workshop with Joey Miles, Purple Valley, Goa, India

Jul'19 2 weeks Ashtanga yoga workshop with R. Sharath Jois, Copenhagen and Stockholm, European Tour 2019

Apr'19 Weekend workshop Yoga of Presence and Wholeness – A unique approach to Bio-Mechanics, Stefan Engström, Malmö

Jan '19 1 month practice and study with R. Sharath Jois, KPAYI, Mysore, India

Oct '18 2, 5 week Ashtanga Yoga Yatra (physical practice and spiritual studies) in Rishikesh and the Himalayas with R. Sharath Jois, Eddie Stern and Robert Moses/Namarupa

Jul'19 1 week retreat, Yoga of Presence and Wholeness – A unique approach to Bio-Mechanics, Stefan Engström, Kadermo, Finland

Dec'17 and Jan '18 2 months practice and study with R. Sharath Jois, KPAYI, Mysore, India

Aug '17 2 weeks Ashtanga yoga workshop with R. Sharath Jois, Copenhagen and Stockholm, European Tour 2017

May '17 1 week Ashtanga yoga workshop with R. Sharath Jois, NYC, US Tour 2017

Oct '16 + Jan '17 Workshop Ashtanga and Yoga therapy with Eddie Stern, 4 days, Copenhagen, Stockholm

Jan '16 1 month practice and study with R. Sharath Jois, KPAYI, Mysore, India

Aug '15 1, 5 week yoga workshop with R. Sharath Jois, European Tour 2015, Copenhagen and Stockholm

Dec '15 – Jan '15 2 months practice and study with R. Sharath Jois, KPAYI, Mysore, India

Oct '14 1 week practice and study with Eddie Stern, Astanga Yoga Copenhagen, Danmark

Apr' 14 1 week practice and study with Eddie Stern, AYN, New York

Dec '13 – Jan '14 2 months practice and study with R. Sharath Jois, KPAYI, Mysore, India

Aug '13 1 week Ashtanga yoga workshop with R. Sharath Jois, European Tour 2013, Copenhagen

Dec '12 – Mar '13 3 months practice and study with R. Sharath Jois, KPAYI, Mysore, India

Nov '12 1 week practice and study with Eddie Stern, Astanga Yoga Copenhagen

Jul '12 – Aug '12 5 weeks practice and study with R. Sharath Jois, KPAYI, Mysore, India

Nov '11 – Jan '12 7 weeks practice and study with Rolf Naujikat, Anjuna, Goa, India

Dec '10 – Jan '11 6 weeks practice and study with Rolf Naujikat, Candolim Goa, India

Jun '10	Weekend workshop with David Williams, Triyoga, London, UK
Dec '09	3 weeks practice and study with Rolf Naujikat, Candolim Goa, India
Oct '09 – Nov '11	Advanced Vinyasa workshop 1/weekly, with Eileen Gauthier, Triyoga London UK
Sept '09	Weekend workshop with Richard Freeman, Yoga Campus, London,UK
May '09	Weekend workshop with Matthew Sweeney, Yoga Place, London, UK
Jun '08	Dynamic Yoga retreat (1w) with Godfri Devereux, Windfire Yoga, Sweden
Mar '08	Dynamic Yoga workshop (4 days), Godfri Devereux, Yogashala Den Haag, NL
Oct '07	Transatlantic Yoga festival with David Swenson, Sean Corn, Eddie Modestini and Nicki Doane, YogoLoft Cologne, Germany
Jul '07	Dynamic Yoga retreat (1w) Kaliyoga, Spanien

### ***Teaching/Work experience***

Oct'19 – Nov'19	<b>Purple Valley Yoga Centre, Goa, India</b> – 2 week retreat
Jul'18 – ongoing	<b>Kadermo Conscious Living, Finland</b> - Annual summer retreat
Jan '17 – ongoing	<b>V-Care Sweden</b> , Chair/Trustee
Jun '15 – ongoing	<b>Ashtanga Yoga Malmö, Sweden</b> , Owner and head yoga teacher (Mysore programme)
Jun '14 – Jun'18	<b>Ashtanga Yoga Copenhagen, Denmark</b> , part-time yoga teacher (Mysore programme)
Sep '13 – Jun '15	<b>Isabella Nitschke Yoga&amp;Coaching, Malmö/Lund, Sweden</b> , Owner and head yoga teacher (Mysore programme)
Mar '13 – Aug '13	<b>K-Yoga/Medborgarskolan Malmö/Lund, Sweden</b> , yoga teacher/course leader
Jan '12 – Dec '12	<b>Lunds Yogaskola, Sweden</b> yoga teacher (Mysore programme), yoga therapist, administrator
May '11 – Sep '11	<b>Project Air, Rwanda</b> , Yoga teacher (volunteer) teaching yoga to genocide survivors (rehabilitation, yoga therapy)
Apr '10 – May'11	<b>Odanadi UK</b> , Trustee
Mar '10 – May '11	<b>Mysore programme, Triyoga Primrose Hill</b> , Assistant to head teacher Eileen Gauthier
Dec '08 – Dec '11	<b>IN - Tuition Ltd, London</b> , Owner, Yoga teacher, Life coach and stress manager
Dec '06 – Dec '08	<b>Human Rights in China (NGO)</b> , New York, US Permanent representative to the EU based in Brussels, Belgium
Nov '04 – Nov '06	<b>European Commission Delegation, Beijing, China</b> Desk Officer for Human Rights, Political division

- 2006 – 2008 and  
2002 – 2004      **World Class Health Academy, Brussels**  
Spinning and yoga teacher (side job 5-10 hours/week)
- Jun '02– Oct '04      **Permanent Representation of Sweden to the EU, Brussels**  
Desk officer for relations to the European Parliament in Brussels and Strasbourg,  
Assistant at the department of foreign relations, Receptionist
- Jan '01 – Jun '01      **Permanent Representation of Sweden to the United Nations, New York**  
Traineeship; assisting at the section of economic and social issues, UNICEF, UNFPA  
and HIV/AIDS (Swedish presidency of the EU 2001)
- Jun '00      **Swedish Embassy to Belgium, Brussels**  
Traineeship (research and yearly report on Human Rights in Belgium)
- Aug '98 – Dec '98      **AUEF Wallonie-Bruxelles, Liège, Belgium**  
European Projects Assistant to the EU-program Leonardo da Vinci

***Academic Qualifications***

- Jan '97 – Nov '01      **Master of Political Science (Pol.Mag.), Lund University**  
Special focus on China (East and Southeast Asian studies) and human rights
- Jul '00 – Aug '00      **Mandarin** (summer course), South China University of Technology, Guangzhou, Kina
- Jan '00 – Jun '00      **Mandarin** (intensive), Lund University
- Jan '99 – Jun '99      **ERASMUS**, Université de Robert Schuman, Strasbourg, France  
Institut d'Etudes Politiques, International relations and EU-law
- Jun '98      **Intercultural communication**, Lund University
- Sep '95 – Jul '96      **Modern French Literature, French language**, Université de Reims Champagne-Ardenne, France
- Feb '94 - Jun '94      **Journalism and writing skills** (42tim), Folkuniversitetet, Lund