

QUALIFICATIONS - Isabella Nitschke

Summary

2026 Certified Trauma adapted yoga teacher, 300h TAY-Sweden
2025 - 2027 Master's in Public Health, Lund University
2014 Authorised teacher (Ashtanga yoga) level 2, Sharath Yoga Centre
2011 Certified Yoga therapist for mental health, The Mindful Institute
2009 Certified stress coach relaxation therapist, Mental trainer,
2008 Certified ICC Coach,
2008 Dynamic Yoga teacher, Windfire Yoga
2002 Master's in Political Science, Lund University,

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 biomechanics.

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 island, Finland and has taught at the Purple Valley Centres in Goa, India and Tenerife, Spain.

Yoga training and diplomas

Feb'22 – Jun' 26	Traumaaanpassad yoga (trauma adapted yoga)- TAY , 300h, Askersund, Sweden
Apr '19	Body awareness (Basal kroppskännedom), 40hr course for physio therapists, Sannum Sjukgymnastik, Malmö, Sweden
Feb '19	Breath-Body-Mind for Professionals , 2-day training with Dr. Richard P. Brown and Dr. Patricia Gerbarg, London, UK
Jan '19	Assisting R. Sharath Jois , 1 month, KPJAYI, Mysore, India
Jan '18	Assisting R. Sharath Jois , 1 month, KPJAYI, Mysore, India
Jul '17	Anatomy workshop (hips and spine) with Stu Girling, 1-day, Berlin, Germany
Jul- Aug '16	Special teachers' course with R. Sharath Jois, 2 months, KPJAYI, Mysore, India
Aug '14	Teachers' intensive (Ashtanga) with Richard Freeman, 1month, Yoga workshop, Boulder
Jan'14	Anatomy and biomechanics at Advanced Physiotherapy Clinic, 5 days, Mysore, India
Jun '12	Teachers' intensive (Ashtanga) with Maty Ezraty, 1 week, Yoga School Berlin
Jun '12	Personal development through Mental Training , Mental trainer 3 year course (distance), Skandinaviska Ledarhögskolan, Örebro
Oct '10 - Apr '11	Yoga therapist for mental health (depression, anxiety, PTSD) , 240 h, Yoga for the Mind, London, UK
Apr '10	First Aid for yoga teachers , 1-day course, Yoga Campus, London
Nov – Dec '09	Teachers' intensive (Ashtanga) with David Swenson, 40h, Triyoga, London
Feb '09	Certified Stress coach/Relaxation therapist , Skandinaviska Ledarhögskolan, Örebro

Jun '08	Teachers' Training (Dynamic Yoga) 240h, Windfire Yoga, Hague, the Netherlands
Sep '08	Certified ICC Coach , Skandinaviska Ledarhögskolan, Örebro
Nov '07	Power yoga , World Class Health Academy, Brussels, Belgium

Yoga practice and workshops

Jun'26	2-day workshop with David Garrigues, Astanga Yoga Studio, Copenhagen, Denmark
Jun'24	1-week workshop with Dena Kingsberg, Ashtanga Yoga Shala Berlin, Berlin, Germany
Jan'20	3-day workshop with Eddie Stern, Yogashala Stockholm, Sweden
Nov'19	9 day workshop and practice 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 Naujokat, Anjuna, Goa, India
Dec '10 – Jan '11	6 weeks practice and study with Rolf Naujokat, Candolim Goa, India
Jun '10	Weekend workshop with David Williams, Triyoga, London, UK
Dec '09	3 weeks practice and study with Rolf Naujokat, 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

Yoga teaching/Work experience

Jul'24, 25, 26	Kadermo Conscious Living, Finland - Annual summer retreat
Jan'24	Purple Valley Yoga Centre, Tenerife, Spain – 12 day retreat
Jul'23	Kadermo Conscious Living, Finland - Annual summer retreat
March'23	Ashtanga Yoga Falkenberg, Sweden - weekend workshop
Jan'23	Purple Valley Yoga Centre, Tenerife, Spain – 8 days retreat
Jul'22	Kadermo Conscious Living, Finland - Annual summer retreat
Oct'21	Snapparps gård, Sweden – weekend workshop
Jul'21	Yoga by the Sea, Mölle, Sweden – 1day workshop
Aug'20 – repeatedly	Ribban Yoga festival, Malmö, Sweden – community classes (2021, 2022, 2023, 2024)
Aug'20	Yoga by the Sea, Mölle, Sweden – weekend workshop
Jan'20	Yoga by the Sea, Mölle, Sweden – 4 day new year retreat
Oct'19 – Nov'19	Purple Valley Yoga Centre, Goa, India – 2 week retreat
Jul'19	Kadermo Conscious Living, Finland - Annual summer retreat
Oct' 18	US Yoga, Borås, Sweden – 3 day workshop

Aug'18	Uddebo, Sweden – weekend yoga retreat
Jul'18	Boom festival, Idanha-a-Nova, Portugal – yoga event
Jul'18 –	Kadermo Conscious Living, Finland - Annual summer retreat
Jul' 17	Uddebo, Sweden – weekend yoga retreat
Apr/May'17	Lila Shala, Visby, Sweden – 3 day workshop
Jan '17 – Apr'24	V-Care Sweden, Chair/Trustee
Jun'16	Uddebo, Sweden – weekend yoga retreat
Jul'15	Malung, Dalarna, Sweden – 1 week retreat co-taught with Karolina Zakrzewska
Jun '15 – ongoing	Ashtanga Yoga Malmö, Sweden, Owner and head yoga teacher (Mysore programme)
Jun '14 – Jun'18	Astanga Yoga Copenhagen, Denmark, part-time yoga teacher (Mysore programme)
May'14	Mallorca, Spain – 1 week retreat
Sep '13 – Jun '15	Isabella Nitschke Yoga&Coaching, Malmö/Lund, Sweden, Owner and head yoga teacher (Mysore programme)
Mar '13 – Aug '13	K-Yoga/Medborgarskolan Malmö/Lund, Sweden, yoga teacher/course leader
Jan '12 – Dec '12	Lunds Yogaskola, Sweden yoga teacher (Mysore programme), yoga therapist, administrator
May '11 – Sep '11	Project Air, Rwanda, Yoga teacher (volunteer) teaching yoga to genocide survivors (rehabilitation, yoga therapy)
Apr '10 – May'11	Odanadi UK, Trustee
Mar '10 – May '11	Mysore programme, Triyoga Primrose Hill, Assistant to head teacher Eileen Gauthier
Dec '08 – Dec '11	IN - Tuition Ltd, London, Owner, Yoga teacher, Life coach and stress manager

International politics

Dec '06 – Dec '08	Human Rights in China (NGO), New York, US Permanent representative to the EU based in Brussels, Belgium
Nov '04 – Nov '06	European Commission Delegation, Beijing, China 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

Aug'25 – ongoing

Master's in Public Health, Lund University

Jan '97 – Nov '01

Master's in 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