

# Kennis en vaardigheden

## Psychologie

Master of Science (MSc) in de psychologie, afstudeerrichting levenslooppsychologie en Bachelor of Science (BSc) in de psychologie, [OPEN UNIVERSITEIT](#)  
Basisopleiding tot Acceptance and Commitment Therapy (ACT) trainer, [SEE TRUE](#)

## Mindfulness/Meditatie/Stress release

Trainer Mindfulness MOBA (Mindfulness Original Based Approach) [STICHTING RAJA YOGA NEDERLAND](#)

Release Methode Training, [B-MIND](#)

10-daagse Vipassana meditatiecursus, as taught by S.N. Goenka in the tradition of Sayagyi U Ba Khin, DHAMMA PAJJOTA [DHAMMA PAJJOTA](#)

## Body/Mind

Body Mind Practitioner, [DE EERSTE VERDIEPING OPLEIDINGEN](#)

## Ademcoach

Holistic Breathing Ademcoach, [HERLEVA](#)

## Hormonen

Trainer Hormoonfactor, [SONNEVELT OPLEIDINGEN](#)

Docent Fusion hormoonyoga, [LUST FOR LIFE FUSION HORMOON YOGA](#)

## Pilates

Pilates Instructeur, [QUENO SPORTOPLEIDINGEN](#)

## Yoga

Yin Yoga Medicine module 1, 2, 3, 4 en 5, [BIVAG New Health Centre](#)

Yin yoga 3.3, [BIVAG New Health Centre](#)

Anatomie en Yin: botten en gewrichten, [BIVAG New Health Centre](#)

Yin Yoga Docentenopleiding module 2, [BIVAG New Health Center](#)

Yin yoga teacher training, [ARHANTA YOGA INTERNATIONAL](#)

Registered Yoga Teacher Training RYT 200, [ARHANTA YOGA INTERNATIONAL](#)

## En

Nederlands recht (mr.), [RIJKSUNIVERSITEIT UTRECHT](#)