

Education/Qualification

2013 – 2014	Children's Yoga teacher training with Susanne Eichinger, Munich
2005 – 2006	Teaching Certificate in Pilates Equipment (Reformer, Wunda Chair, Cadillac, Ladder Barrel, Spine Corrector) from Vitality Pilates, Seattle, USA Seattle Central Community College, USA, Courses in Environmental Science, Nutrition, Dance, English Literature and Creative Writing
2003 – 2004	Yoga Training with John Stirk, London, Sussex and Sabina/Italy
2001 – 2002	Teaching Certificate in Pilates Matwork (Pilates Foundation UK) The Place Pilates Teaching Certificate (London Contemporary Dance School)
1999 – 2000	Diploma in African and Caribbean Dance and History, The Albany, Irie Dance Theatre, London
1998 – 1999	Professional Diploma in Dance Studies, Laban Centre London
1995 – 1997	Certificate in Basic Dance Therapy, Tanz-und Theaterwerkstatt Frankfurt, Germany
1990 – 1995	Diploma Psychology, Technical University Darmstadt, Germany (not graduated)
1990 – 1991	Certificate in Swedish-Esalen Massage, Intuitive Massage, Christiane Tutschner Institut, Bonn, Germany
1980 – 1985	Abitur (German combined A-Levels), Frauenlobgymnasium Mainz, Germany
1972 – 1980	German High School, Thessalonika, Greece

Relevant Courses and Workshops

- 2003 – 2010 Weekend and week long workshops in Scaravelli Osteopathic Spine Yoga with John Stirk in London, Eastdean Sussex and Italy
- 2007 – 2011 Pilates. Yoga and Gyrotonic Convention in Santa Clara, California (Ron Fletcher, Madelene Black, Sherry Betz and more) further education courses (weekends) with the German Pilates foundation (with various national and international teachers), Comprehensive Smart Spine Training with Marie-José Blom, Pilates for Dancers with Karen Clippinger, The BASI Flow System with Rael Isacowitz Pilates for the elderly with Alan Herdman The Art of Cueing and Free Hipsocket with Richard Orbach Pilates Ballance Certification with Christin Kuhnert Spiraldynamik and Pilates with Christiane Wolff Hsin Tao Basic and Intermediate Seminars with Ratzel Bander, Basel, Switzerland Yoga teacher training for children Module 2 and 3 with Susanne Eichinger, Munich
- 1992 – 2002 4 therapeutic/creative weekend workshops each year focusing on Native American Mask and Ritual work and Trauma Strategies with Helga Heiden, Psychologist and Psychotherapist, Germany
- 1992 – 1993 Various theatre workshops and co-founder of the first womens' theatre festival in Darmstadt, Germany. Performances in various theatres all over Germany
- 1990 – 1992 8 weekend workshops in Holotropic Breathwork after Stanislav Graf, Germany
- 1991 5 weekend workshops in dance pedagogy, Edertal, Germany