

QUALIFIKATIONEN YVONNE HOBERG



YOGA, ATEM, ACHTSAMKEIT: AUS- & WEITERBILDUNGEN

Grundausbildung zur Yogalehrerin

2016: 200 Hours Yoga Teacher Training
(Laughing Lotus New York)

Ausbildung zur zert. Bewusstseinstrainerin

2020-2023 (School forBeing, Cologne)

Advanced Trainings

- **05/2018: Yogatherapie & Alignment** Advanced Teacher Training (Laughing Lotus NY)
- **11/2018: Ayurveda & Yoga für Frauengesundheit** Advanced Teacher Training (Laughing Lotus NY)
- **11/2019: Chakra Yoga** Advanced Teacher Training (Laughing Lotus New York)
- **Medical Yoga:** Yoga meets Spiraldynamik mit Christine Wolff (Lord Vishnus Couch)
- **02/2020: YIN YOGA Summit 2020**, Köln
- **04/2020: Trauma Informed Yoga** 15 h, Ali Cramer, Kenny Frisby, Sheri Celentano, NYC
- **07/2020: MYTHOLOGY & Asana** Advanced Teacher Training, LL Studio by Laughing Lotus
- **08/2020: Yin Yoga & Essential Oils** Advanced Teacher Training, LL Studio by Laughing Lotus
- **09/2020: Yoga for Social Equity** Advanced Teacher Training, LL Studio by Laughing Lotus
- **09/2023: Yoga für den Beckenboden**, Katonah Yoga NY