

QUALIFICATIONS - Isabella Nitschke

Summary

KPJAYI Authorised teacher (Ashtanga yoga) level, KPJAYI, Mysore India
Certified Yoga therapist for mental health, The Mindful Institute (UK, London)
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)

Training and diplomas

Jan'18 **Assisting R. Sharath Jois**, 1 month, KPAYI, Mysore, India

Jul- Aug '16 **Special teachers' course** with R. Sharath Jois, 2 months, KPAYI, Mysore, India

Aug '14 **Teachers' intensive (Ashtanga)** with Richard Freeman, 1month, Yoga workshop, Boulder

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

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 Stresscoach/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 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

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, AYNY, 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

Jan '17 – ongoing	V-Care Sweden , Trustee
Jun '15 – ongoing	Ashtanga Yoga Malmö/Lund, Sweden , Owner and head yoga teacher (Mysore programme)
Jun '14 – ongoing	Astanga Yoga Copenhagen, Denmark , part-time yoga teacher (Mysore programme)
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

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

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** (42tim), Folkuniversitetet, Lund