

## QUALIFICATIONS - Isabella Nitschke

### **Summary**

KPJAYI Authorised teacher (Ashtanga yoga) level 2, KPJAYI, Mysore India  
Certified Yoga therapist for mental health, The Mindful Institute (UK, London)  
Dynamic Yoga teacher, Windfire Yoga  
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)

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 movement patterns.

In addition to regular teaching at Ashtanga Yoga Malmö/Lund Isabella conducts yoga retreats and guest workshops in Sweden and internationally.

### **Training and diplomas**

Feb '19	<b>Breath-Body-Mind for Professionals</b> , 2-day training with Dr. Richard P. Brown and Dr. Patricia Gerbarg, London, UK
Jan '19	<b>Assisting R. Sharath Jois</b> , 1 month, KPAYI, Mysore, India
Jan '18	<b>Assisting R. Sharath Jois</b> , 1 month, KPAYI, Mysore, India
Jul '17	<b>Anatomy workshop</b> (hips and spine) with Stu Girling, 1-day, Berlin, Germany
Jul- Aug '16	<b>Special teachers' course</b> with R. Sharath Jois, 2 months, KPAYI, Mysore, India
Aug '14	<b>Teachers' intensive (Ashtanga)</b> with Richard Freeman, 1month, Yoga workshop, Boulder
Jan'14	<b>Anatomy and biomechanics</b> at Advanced Physiotherapy Clinic, 5 days, Mysore, India
Jun '12	<b>Teachers' intensive (Ashtanga)</b> with Maty Ezraty, 1 week, Yoga School Berlin
Jun '12	<b>Personal development through Mental Training</b> , Mental trainer 3 year course (distance), Skandinaviska Ledarhögskolan, Örebro
Oct '10 - Apr '11	<b>Yoga therapist for mental health (depression, anxiety, PTSD)</b> , 240 h, Yoga for the Mind, London
Apr '10	<b>First Aid for yoga teachers</b> , 1-day course, Yoga Campus, London
Nov – Dec '09	<b>Teachers' intensive (Ashtanga)</b> with David Swenson, 40h, Triyoga, London
Feb '09	<b>Certified Stress coach/Relaxation therapist</b> , Skandinaviska Ledarhögskolan, Örebro
Jun '08	<b>Teachers' Training (Dynamic Yoga)</b> 240h, Windfire Yoga, Hague, the Netherlands
Sep '08	<b>Certified ICC Coach</b> , Skandinaviska Ledarhögskolan, Örebro
Nov '07	<b>Power yoga training</b> , World Class Health Academy, Brussels, Belgium
May '03	<b>Schwinn Cycling</b> , Target Heart Rate Zones, Gothenburg, Sweden
Oct '02	<b>Certified Schwinn Cycling Instructor</b> , Lund, Sweden

**Practice and workshops**

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
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, Yogoft Cologne, Germany

Jul '07                      Dynamic Yoga retreat (1w) Kaliyoga, Spanien

**Teaching/Work experience**

Dec '18 – ongoing            **Svalorna Sweden**, member of the board (substitute)

Jan '17 – ongoing            **V-Care Sweden**, Chair/Trustee

Jun '15 – ongoing            **Ashtanga Yoga Malmö/Lund, Sweden**, Owner and head yoga teacher (Mysore programme)

Jun '14 – Jun'18            **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