

MEDITATION, YOGA, MARTIAL ARTS & HEALING

2015 Vajra Daikini Buddhist Nunnery, Lincoln, VT, Dharma training

2014-2015 Integral Yoga Teacher Training, NYC

2014 Dharma Drum, Pine Bush, NY, 4-day Chan Buddhist, Working Volunteer Visit

2014 Temple of Enlightenment, Bronx, NY, Mindfulness of Breaths, 3-day B. Meditation Retreat and Tuesday Meditation with Dhamma Dipa

2014 Chuang Yen Monastery, NY, The Four Immeasurable Minds, 8-day B. Meditation Retreat

2013-Present, Integral Yoga Institute, NYC (yoga studies/karma yoga (kitchen & guest services)

2013 Kadampa Meditation Center, Glen Spey, NY, 1-week Working Visit

2012-2013 Kundalini Yoga East, NYC (yoga & Sat Nam Rasayan Healing course/Aaron Teich

2011 Dhammacari Vipassana Meditation Zentrum, Germany (8-day B. Meditation retreat with Asher Gal for Ajahn Tong Sirimangalo

2010 Das Buddhistische Haus Theravada Vihara, Germany 3-day Vipassana Meditation retreat

2010 Shaolin Buddhist Temple, Berlin, Germany Kung Fu, Qi Gong classes

2009 Vipassana Meditation S.N. Goenka, Czech Republic , 3-day retreat

2008-2009 Mahabodi Buddhist Meditation Center, Vipassana Studies, Gyeongju, South Korea
(weekend resident for 5 months & 5 day retreat)

2007-2008 Golgusa Buddhist Temple, Sunmudo Zen Martial Art Training, South Korea
(daily training, meditation & temple stay)

2004-2005 Psychic Horizons Meditation Training, San Francisco;
Certificate in Meditation & Aura Clearing: Steps I, II and III

2004 Astanga Yoga with Tim Miller, Encinitas, CA

2000 Reiki Energy Healing with Stephen Love, Berlin

Certificate in The Radiance Technique Reiki Level I

1996-2004 Sivananda Yoga Center, Berlin, Bahamas & Sacramento (Daily practice & Retreats)

*Various Yoga Studies, (NYC, Berlin, Los Angeles & San Francisco)