

# QUALIFIKATIONEN YVONNE HOBERG



## YOGA: AUS- UND WEITERBILDUNGEN

### Grundausbildung zur Yogalehrerin

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

### Advanced Trainings

- 05/2018: **Yogatherapie & Alignment** Advanced Teacher Training (Laughing Lotus New York)
- 11/2018: **Ayurveda & Yoga für Frauengesundheit** Advanced Teacher Training (Laughing Lotus New York)
- 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**, Lord Vishnus Couch
- 04/2020: Chakra Solutions for **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

Instagram: [glowing\\_mind\\_cgn](https://www.instagram.com/glowing_mind_cgn)