

Spiritual and yoga CV Mireille Goedkoop



Yoga background

My yogapath started in 2001. Since then I have been practising and studying with many teachers around the globe. I tried many styles of yoga, experienced different teachers, went to workshops and did several teacher trainings (300hour Yoga Alliance- Flow style and Ayurvedic yoga).

When people ask about my yoga style, I find it hard to describe. As it is the 'Mireille-vibe' that makes it mine. I am bringing all my experiences into my classes, not only about asanas, but also about energy patterns (Prana Vayu), Reiki, meditation, (chakra) healing, Buddhism, Ayurveda principles, life...it all blends together. While teaching yoga I feel very much guided by the spirit world. Which allows me to do what is really necessary in the moment for the people I'm working with. The classes are based on flow, of your breath connected to your movements.

<http://soulfulyogaretreats.com/about/soulfulliving/>

Teaching background

Since 2013 I run my own yoga studio in Spain and I lead yoga retreats under the name of SoulfulLiving. In Spain and in winter in Asia. I teach weekly classes to a diverse public and have a range of private students. My private classes are based on Ayurveda principles. Combining pranayama, meditation, mantra, mudras, asana practice, Reiki and angels cards specifically for the needs and dosha imbalance of my students.

Beside that I offer spiritual teachings once a month and workshops.

Courses and trainings

2001	Reiki 1 and 2 Darjeeling , India
2001	Ayurvedic massage, Rishikesh, India
2001	In-depth yoga study, Rishikesh, India
2002-2003	Spiritual coach training (1 year), Holland (regression, family constellations, visualisations, inner child work)
2003-2006	Private yoga practice with Sohadra Santokhi (†), Indian yoga teacher, Amsterdam
2007-2008	Private yoga practice different teachers Thailand, Koh Samui
2009	Intuitive chakra dance, Amsterdam

2010-2011	Intensive Growth - energy work course, Anna van der Vaart, Holland
2013	200hr YA Flow yoga teacher training Holland
2014	Yoga retreat SunFood Spain
2014	Yoga intensive, Tibetan Monastery, Nepal
2015	5-day intensive: Journey into the Soul, Arthur Findlay College, London, Tutor: Brenda Lawrence
2015	20hr YA Refining Asana: Adjustments & Alignment, Nianna Bray
2015	Overtone singing, healing through sound, the Dome, Spain
2016	65hr YA Ayurvedic yoga teacher training, Madhuri Philips
2016	1-week intensive: Power of the Soul, Arthur Findlay College, London, Tutor: Brenda Lawrence
2017	1 week intensive: Healing through hands, trance, Arthur Findlay College, London, Tutor: Libby Clark

Who am I?

A positive and down to earth woman. Loving life, passionate about self-growth and healing. Spiritual and dynamic at the same time. I am mother of 2 beautiful kids (12 and 7) and blessed with an amazing soulmate in my life: Michiel van der Ham. Journalist and business owner of PR/Communication agency Zorgt Communicatie, which is based in Holland, but run worldwide.
<http://soulfulyogaretreats.com/about/mireille/>

What I offer:

- Daily yoga classes in Javea Spain, retreat leader, private (Ayurvedic) yoga classes and retreats, workshops, meditation classes, yoga nidra sessions, private energy healing sessions

Workshops

Ayurveda yoga: getting to know your dosha and yoga practice that you need

Yoga is more than asana: a step into energy healing

Introduction to yoga; basics to get started

Vibrate higher: a spiritual journey

For more detailed information about the workshops please contact me.

Details

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