

## Spiritual development Mireille Goedkoop



### **My awakening**

My path 'home' started after my awakening in 2001. Since then I have been travelling through the inner and outer world in many ways. I practised and studied with many teachers around the globe. Started with energy healing, tried many styles of yoga, experienced different teachers, went to workshops and did several teacher trainings.

### **Yoga Teaching background**

Since 2013 I started my own yoga studio in Spain for 4 years and I lead transformative yoga retreats under the name of SoulfulLiving. In Spain, Holland and sometimes in winter in Asia. I taught weekly classes to a diverse public and had a range of private students. My private classes are based on Ayurveda principles. Combining pranayama, meditation, mantra, mudras, asana practice, energy healing and angels cards specifically for the needs and dosha imbalance of my students.

### **Healing and Spiritual Coaching**

Since 2015 I am developing myself further as a mediumistic healer. This deepened my offerings from yoga towards healing and spiritual coaching.

Since summer 2017 I settled down in The Netherlands with my family in a – for us- new area of the country, Nijmegen. Unfolding further the potential in our loving space 'De Bewustzijn Yurt' for spiritual coaching, group classes yoga/meditation/spirit work and a year course Awaken into You (2018/2019).

### **Courses and trainings**

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| 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<br>(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 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, Switzerland
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
2017	1-week intensive: Trance Healing, Zwanenhof, the Netherlands, Tutor: Nicole de Haas
2017	Pregnancy yoga teacher training: Ananda, Ellecom, The Netherlands
2017	1-week intensive: Trance healing, Zwanenhof, Tutors Jacky Wright, David Schiesser
2017	Healing Touch, level 1 + 2, The Netherlands – SNRO accredited energy healing education (HBO-level)
2018	100hr Inner Guidance facilitators training, level 1, Amara Samata, Bali
2018	Trauma & Energy healing 1 + 2, Healing Touch, The Netherlands

### **Who am I?**

A positive and down to earth woman. Loving life, passionate about self-growth and healing. Spiritual and grounded and commercial at the same time. I am mother of 2 beautiful kids (13 and 8) and blessed with an amazing soulmate in my life: Michiel van der Ham.

Furthermore I was a journalist and business owner of PR/Communication agency Zorgt Communicatie for almost 15 years. This makes Business Spirituality an interesting field to discover, combining my background, experiences and love for Life.

### **What I offer:**

- Spiritual coaching
- Training: Awaken into You in 2018/2019
- International retreat leader, lectures, training
- Weekly groupclasses body, spirit and mind

For more detailed information please contact me.