

Yoga & Healing 2017

Gaia-Oasis offers a Yoga & Healing session several days a week for our guests. The session differs depending on the practitioner in residence; and may include yoga, dance, bodywork, meditation or some other form of healing work.

If you would like to join a Yoga & Healing session, please inform any of our friendly employees in advance, so that we can support your needs. As far as possible, our programs are designed for everybody, regardless of whether you are a beginner or an advanced practitioner.




1 - 31 of January 2017, Dirkje Zondervan, Dirkje received her yoga teacher certificate at Mahindra Institute in Frankfurt after a 3-year course in 1996. She taught at the Mahindra Institute, first in Frankfurt, and then in Birstein, when the Institute moved there to establish a yoga and ayurvedic centre. Dirkje teaches hatha yoga in the traditional style, and she has also followed stages at Iyengar in Pune and Munich. Recently she participated in a seminar with Dinah Rodrigues who specializes in Hormon Yoga. Besides Yoga, she is a Jin Shin Jyutsu practitioner since 2001. Dirkje has taught at the Barberyn ayurvedic health resort in Sri Lanka several times, and has followed courses in ayurvedic therapy. She is very interested in holistic healing and glad to be able to share her knowledge with other people. We hope that you will enjoy Dirkje's classes here at Gaia-Oasis .




1 - 28 of February 2017, Tasha Davidson

"Watch your thoughts; they become words. Watch your words; they become actions. Watch your actions; they become habits. Watch your habits; they become character. Watch your character; for it becomes your destiny." – Upanishads.

This quote has become my mantra, my way of life. I have been teaching yoga full-time for the last 5 years and am passionate about sharing what an incredible practice it is. My classes are dynamic and ever-evolving as they respond to the moments that we are in. When taking one of my classes you can anticipate the integration of movement, breath & awareness as you mindfully create action. As you find your strength and your softness there is an opportunity to shed light into the areas that may otherwise be dark. A class with me is a chance to let go, have fun and explore as you go for an adventure in your own body, on your own mat. For more information on me or my teaching style please check out my website www.tashadavidsonyoga.com

	<p>1 - 31 of March 2017, Maike Opgenorth</p>
	<p>1 - 30 of April 2017, Ina Radhika Dobianer born on February 19th, 1970 in Elmshorn, Germany. She was diploma in dance therapy CITA Center Munich, Germany .</p> <p>She is apprentice and authorized teacher on a spiritual path in Native American shamanism (sweat lodge, Eagle dance, personal ceremonies), Sweet Medicine Society, Europe and USA.</p> <p>Her work experiences is :</p> <p>1996 – 2003 Establishing and leading dance therapy groups for adults, Brücke e.V. and Arge Brücke, Elmshorn, Germany</p> <p>1996 – 2005 Leading 4 dance groups in creative dance for children (ages) 3 to 10 Imperial Club, Hamburg, Germany</p> <p>1997 Leading dance therapy education groups, theme: „Moving Meditation“ and „Flowing“ CITA, Berlin, Germany</p> <p>1998 – 1999 Assistant teacher in dance therapy education Theme: >>Healing the inner child<<, CITA München, Germany</p> <p>2000 – now Dance therapist at KJP psychiatric hospital for children and teens; groups, individuals and parents with children; (29 hours a week); Elmshorn, Germany</p> <p>2000 – 2007 Instructor for dance, dancetherapy and relaxation at Hamburger Sportverbund, Hamburg, Germany</p> <p>2001 – now Group leader for Rites of Passage facilitation for teens at Teenlodge, Black Forest / Germany (10 days a year)</p> <p>2005 – today Founder of a study group for dance therapists interchange of new methods and intervision, North of Germany</p> <p>2009 – now Assistant coordinator for the European Sundance, Sweden</p> <p>2009 – today Leading yoga groups for children and teens</p>

	<p>at KJP psychiatric hospital Elmshorn, Germany</p> <p>2010 – now Leading yoga groups, yoga workshops and Kirtan concerts for adults, freelance; Uetersen / Germany</p>
	<p>1 – 31 of May 2017,</p>
	<p>1 – 30 of June 2017, Ruth Fabianke before becoming a yoga-teacher, Ruth (born 1960 in Hamburg, Germany) studied social sciences and worked till the end of 2004 at different places in leading positions. She realized that many things in society called <i>social</i> are not social at all for the people involved. 2005 became a turning point in her life. She concentrated on studying and teaching yoga. Grounded on the mental heritage of Sri Aurobindo (1872 – 1950), one of India’s greatest yogis and spiritual teachers Ruth assimilated techniques and methods of other yoga-traditions – for example Yogi Bahjan, Sivananda, Iyengar, Desikachar. Finally all paths of yoga want to reach the same goal. In this way she creates her own lessons which might help people to become more aware of their body and hold it agile, to relax their mind and to come to an inner silence for meeting the Self. This is what Ruth’s yoga is for – in between a lovely surrounding to become more conscious, sensitive and respectful with someone’s Self, in relationship with others, for the nature and the Devine. Come, see and let you to be touched by practicing yoga - asana, karana (static position and dynamic movements to loose, stretch and strengthen the body), pranayama (feel and work with the breath) and dhyana (meditation) – the path to holistic health.</p>

Volunteer Yoga teachers wanted !!!

Teach Yoga in Gaia-Oasis for a few weeks and in exchange, receive accommodation, food and an unforgettable experience in Bali. For more information please contact us at yoga@gaia-oasis.com