

Giulia Tamiazzo

2014-2015 250+ hr Vinyasa Flow Teacher Training at Airyoga Munich with Michael Hamilton, Christine May, Doug Keller, Alan Finger.

2014 Ishta Yoga Intensive with Alan Finger

2014 Pranayama Intensive with Michael Hamilton

2015 50hr Yin Yoga Teacher Training with Josh Summers

2015 50hr Ashtanga & Yin Yoga Intensive with Michael Hamilton and Josh Summers

2016 50hr TCM and Yin Yoga Teacher Training Josh Summers

2016 30hr Restorative Yoga Teacher Training Lizzie Lasater

2016-2019 350+ Yoga Therapy Teacher Training with Ganesh Mohan (Amsterdam & Berlin)

2017 50hr Mindfulness Meditation Training with Josh Summers

2018 MBSR (Mindfulness Based Stress Reduction) Meditation Programme

2019-2021 200+ hr Meditation Training with Punnu Singh Wasu

2022 „The Buddhist Mind" Intensive with Whit Hornsberger

Ongoing Tara Brach and Jack Kornfield Mindfulness Meditation Online Programme

Full-time yoga teacher since 2014