**Trainings**

* **Sounder Sleep System™ Sleepcoach**On-site training (50h) with Janine Holenstein
2020 – 2021, Winterthur (CH)
* **Motor Learning & Training**
Certificate of Advanced Studies in Dance Science (CAS DSMLT Unibe) (480h)
2020 – 2021,Institute of Sports Science at theUniversity of Berne (CH)
* **Working with Children**Theories and techniques of the Feldenkrais Method and the Anat Baniel Method, NeuroMovement® (102h) with Nancy Aberle & Lynn Bullock
2019 – 2020, Zagreb (HR)
* **Fundamentals of Western Medicine**Anatomy, physiology, pathology, pathopsychology, anamnesis, diagnostics, psychosomatics, psychology, emergency, hygiene (150 hours) and guided self-study (150h) with Sandra Ulrich
2011, Biomedica Zürich (CH)
* **Feldenkrais Method**®
Professional training (800h), accredited by EuroTAB, with Myriam Pfeffer (1928 - 2014), Paul Newton, Sabine Pfeffer, Jeff Haller, Jerry Karzen, Richard Corbeil, François Combeau a.o.
2004 – 2007, Accord Mobile Paris (F)
* **Aikidō & Aikitaisō** (Training & further education)
	+ Weekly training sessions Aikidō & Aikitaisō (2,5 – 5h), David Sousa Sensei,
	Aikiryū Kenshūkai Adliswil/Zürich (CH), 2002 – 2013
	+ Profssional trainings Aikidō & Aikitaisō, David Sousa Sensei
	Aikiryū Kenshūkai Adliswil/Zürich (CH), 2002 – 2013
	+ Professional trainings Aikidō & Aikitaisō, Charles Abelé Shihan (1954 – 2006)
	F.AAGE France (F), 2002 – 2006
* **Dance**
	+ Contemporary Dance, Modern Dance, Ballet, Jazz Dance, Flamenco a.o.
	1999 – 2001, Zürich-Tanz-Theater-Schule (today: HF, Tanzwerk 101), Zürich (CH)
	+ Contemporary Dance, Ballet, Contact Improvisation
	2001 – 2002, Studio Harmonic, Ménagerie de Verre a.o., Paris (F)
* **Matura Typus C** (mathematical-scientific)1999, Winterthur (CH)

**Advanced trainings**

* **Feldenkrais Method a.o. with:**
	+ François Combeau
	+ Ruthy Alon
	+ Elizabeth Beringer
	+ Nancy Aberle
	+ Lynn Bullock
	+ Paul Doron
	+ Angelica Anke Feldmann
	+ Martin Mosimann
	+ Daniela Picard
	+ Dr. med. Peter Brändli (Conventional medicine for Feldenkrais practitioners)
* **Dance and movement training with, among others:**
	+ Nick Bärtsch & Andrea Pfisterer: Musical Movement Training
	+ Prof. Amos Hetz: Movement Studies
	+ Frey Faust: Contact Improvisation & Axis Syllabus
	+ Nita Little: Contact Improvisation
	+ Laura Porter Blackburn: Contact Improvisation, Pilates Mat Classes
	+ Juju Alishina: Butō
	+ Sylvie Xing Chen: Butō
	+ Serge Ricchi: Contemporary Dance
	+ Bruno Sajous: Contemporary Dance, Choreography workshop
	+ Corinne Lanselle: Contemporary Dance
	+ Isabelle Abelé-Dubouloz: Contemporary Dance, Mouvement Dansé
	+ José Cazeneuve: Contemporary Dance (technique Peter Goss)
	+ Ivan Wolfe: Movement Research, Contact Improvisation, Feldenkrais
	+ Laura Atwood: Ballet
	+ Leslie Wiesner: Ballet
	+ Wayne Byars: Ballet