**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