

CARLA STEFFAN – YOGA SINCE 2004

2004

SAFS Power Yoga Instructor

2005

SAFS Pilates for Group-Fitness, Basic

2006

SAFS Pilates for Group-Fitness, Advanced

2010

Kinderyoga Ausbildung

2012

200h Vinyasa Yogalehrerin

2013

M.A.X. Muscle Activity Excellence Weiterbildung

2015

deepwork Basic

2012 - 2017

300 h Inside Yoga Lehrer Ausbildung

Yoga Personal Trainer

Therapeutisches Yoga

Nuad Thai Yoga Bodywork

Pre/Postnatal Yoga

Inside Flow

Upgrade Part 1 (Personal Trainer)

2018

Certificate of Completion Slings Myofascial Training Foundation Education

Anatomy Trains in Motion

Slings Essentials

Slings in Motion I

Slings in Motion II

Slings in Motion III

Slings Unterrichten

Slings Body reading