



### English Resume Daphne Koken 2017

Daphne is a yoga alliance certified vinyasa yoga teacher who invites her students to open up to the flow of life energy (Prana) and to embrace, live and breathe the Vinyasa of life!

She is a 500hrs certified Prana Vinyasa Yoga™ teacher having studied for several years with her root teacher Shiva Rea and in the U.S., India, and Europe. Her extensive training also includes her studies of shiatsu therapy and nutrition.

A lover of life, nature and the spirit of freedom, she is an innovative teacher, dedicated to share her teachings in a down to earth and fun way. A passionate traveller and explorer, she inspires people to live a vital and happy life, through the connection with our breath, our bodies, the beauty of nature and the elements.

Based in Amsterdam and Haarlem, she offers yoga workshops, ritual masterclasses and teacher training programs (200 hrs and 300 hrs). Daphne loves taking people out into nature on her breath taking yoga nature retreats.

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