



Nina Alexandra Holle

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YOGA

Certificates/Trainings:

2017	Certified Advanced Yoga Teacher (RYT 500 - Yoga Alliance 300-hours) Major “Health & Wellbeing” (alignment, therapeutic, pre/postnatal yoga)	Yoga Tree, San Francisco
2016	Certified Kids Yoga Teacher - Next Generation Yoga	Jodi Komitor, San Francisco
2015	Certified ‘Renew & Relax’ Restorative teacher	Judith Lasater, San Francisco
2014	Certified Yoga Teacher (Yoga Alliance 200-hour)	Yoga Tree, San Francisco

Immersion:

2014	7 Day Retreat	Sivananda Ashram, Bahamas
2015	3 Day Retreat: Dharma & Yoga	Tassajara Zen Center, CA

Teaching:

Since 2015	Weekly 1-hour Hatha class (community)	Women’s Building, San Francisco
Since 2017	Twice per month 30min kids yoga (3-5 yrs)	2casa daycare and pre-school

MEDITATION/BUDDHISM

Residential Retreats:

2016	7 Day Retreat for Experienced Practitioners	Spirit Rock Meditation Center, CA
2013	10 Day Silent Retreat	Insight Meditation Society, Massachusetts
2012	10 Day Silent Retreat	Wat Pratet Doi Suthep, Thailand

Courses

Since 2016	Neuro-science trainings (Rick Hanson)	Spirit Rock Meditation Center
2016	Trauma and Healing (Sakti Rose)	
2015	Mindfulness (Jack Kornfield), Bouncing Back from Difficulty (Linda Graham), Concentration Meditation (Steven Snyder), Mindfulness of Breathing - Training for experienced meditators (Temple Smith)	

Main teachers

Adyashanti, Jack Kornfield (Spirit Rock, since 2015); Tara Brach (D.C., 2013/14); Ajaan Buddhadasa (Thailand 2012)

I am a philosopher and economist by training, and currently work as a writer, freelance journalist and consultant in international development (please see my website www.ninaholle.com for full professional CV)