



PETRI ANNE VAN DIJK

YOGA TEACHER, MASSAGE THERAPIST & PERSONAL TRAINER

ABOUT

Starting with yoga during my years as a model only for the physical benefits, I soon discovered how yoga also benefits the mind. The freedom that yoga gives is something that I passionately want to share with the world. Often the mind is busy and we are not aware of our bodies. The word 'yoga' means union and my teaching style is aimed at finding that union between body and mind, creating balance. My teaching style is centered at an intermediate level with restful modifications for beginners and challenging ones for advanced practitioners, making everybody who joins my class feeling empowered. While I was living and teaching in Bali I became very interested in the traditional Balinese massage since its aim is, just like yoga, to restore the balance between body and mind. In 2019 I completed an intuitive Balinese massage course and I started to combine teaching yoga with working as a Massage Therapist. Recently I've been studying and training in different massage styles to add to my portfolio. With overall health & happiness being my goal for my students I've also started working as a Personal Trainer to work with the body in a different way.

EDUCATION & TRAINING

Psoas Massage

Holos Academie
Utrecht, The Netherlands, 2021

Advanced Vinyasa Yoga Teacher Training, RYT 300

Glow Yoga Studio with Daphne Koken & Claudia van der Trier
Haarlem, The Netherlands, december 2020 - present

Lomi Lomi Massage, temple style

with René Beerse
The Netherlands, 2021

Personal Trainer

with Geoffrey Voss, The studio Personal Training
The Netherlands, 2020

Intuitive Balinese Massage

with Desiree Douglas, International Institute for Complementary Therapists. IICT approved
Australia, 2019

Yoga Teacher Training, RYT 200

Shakti Yoga Peeth
Rishikesh, India, 2018

Pranayama

with Yogacharya Dr. Sanjeev Pandey Ji
Rishikesh, India, 2018

Bachelor of public administration & organisational science

VU Amsterdam, The Netherlands, 2012

CONTACT

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SKILLS

- Pranayama techniques
- In depth knowledge of anatomy and alignment
- Confident in teaching large groups as well as one on one
- In-depth understanding of Ayurveda
- Experience in health & nutrition
- Yogic philosophy
- Purposeful sequencing
- Energetic Alignment
- Combination of different massage styles tailored to the individual
- Plyometrics
- Personal Training

OTHER WORK EXPERIENCE

- Model
- Hostess
- Sales
- Barista
- Groom
- Waitress

LANGUAGES

English, Dutch



PETRI ANNE YOGA

YOGA • MASSAGE • HEALTH

EXPERIENCE

Yoga Teacher

Equal Yoga, Amsterdam & Utrecht, The Netherlands

August 2020 - present

Massage Therapist

Self-employed, The Netherlands

May 2020 - present

Personal Trainer

The Studio fitness boutique & private gym, Naarden, The Netherlands

June 2020 - present

Yoga Teacher

Big hostel, Boutique hostel Sydney, Australia.

February, March 2020

Massage Therapist

Li's Massage, Caloundra, QLD, Australia.

December 2019 - February 2020

Yoga Teacher

Krishna Village, Eco Retreat & Yoga Community, NSW Australia.

November, December 2019

Yoga Teacher

Private lessons, Amsterdam, The Netherlands.

October 2018 - present

Yoga Teacher

Elysian Retreat, Whitsundays, Australia.

March, April, May 2019

Yoga Teacher, Manage bookings

Bali Apnea Club, Dive & Yoga Resort, Bali, Indonesia.

January, February 2019

Yoga Teacher, Retreat host

New Years retreat at Kura Kura Yoga Retreat, Bali, Indonesia.

December, January 2018/2019

Yoga Teacher

Floating Leaf, Eco-Luxury Retreat, Bali, Indonesia.

October, November, December 2018

Yoga Teacher

Fitland, Kampen & Zwolle, The Netherlands.

July, August 2018