

# NILUFER KOCABAS

LONDON, UK

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## HIGHLIGHTS

- VINYASA FLOW
- POWER YOGA
- ROCKET
- YIN & RESTORATIVE YOGA
- BREATHWORK
- MOVEMENT WORKSHOPS WITH SOUND BATH
- LIFE TIME LEARNER

## EDUCATION

RYS200 ROCKET VINYASA YOGA TEACHER  
GOOD LIFE YOGA SCHOOL, LONDON

Marcus Veda, Hannah Whittingham, Christian di Giorgio  
(MARCH -NOVEMBER 2020)

33HRS RESTORATIVE YOGA TRAINING  
(MARCH 2019)

by Anna Ashby, Triyoga, London

RYS & CYS 300 KAULA TANTRA YOGA  
INSTRUCTOR  
DURGA'S TIGER SCHOOL, QUITO, ECUADOR  
(MAY 2017 & DEC 2017)

## CERTIFICATION & WORKSHOPS

PRACTISING WITH IMBALANCES  
(NOVEMBER, 2018)

by Adelene Cheong, Triyoga, London

TEACHERS INTENSIVE: PURPOSEFUL SEQUENCING  
(OCTOBER, 2018)

by Anna Ashby, Triyoga, London

WISDOM GODDESS EMPOWERMENT TANTRA  
by Sally Kempton, Triyoga, London  
REFUGEE AWARENESS TRAINING  
by Ourmala, London



## EXPERIENCE

MAY 2017-CURRENT

YOGA INSTRUCTOR, LONDON

- Rocket / Vinyasa / Dynamic Yoga
- Restorative yoga
- Breathwork

JANUARY 2018 - 2020

YOGA TEACHER, OURMALA, LONDON

Yoga for Refugees

FEBRUARY 2018

ASSISTANT TEACHER AT MONTESSORI NURSERY, AYAMPE,  
ECUADOR

- Yoga for kids
- Arts, rhythmic/musical body work

## LANGUAGE SKILLS

Turkish (Native), English (Advanced), Spanish (Basic-Inter)