

Stress Release Trainer Profile

Kathleen Baker
Schreibershove 5
51503 Rösrath
Phone 02205 894489
email@nandinbaker.com
www.nandinbaker.com

born July 24, 1955

Studied piano, guitar, voice and flute formally from 1962 until 1986. Since 1986 has performed and sung with groups in Italy, Germany, Switzerland, Greece, Portugal, Spain, Austria, Italy, India, and Canada.

1973 – 1986 Yoga

1983 – Studied Yoga with B.K.S. Iyengar in Pune, India

1984 – accredited Iyengar Yoga Teacher

1985 – Vipassana (with Anagarika)

1987 to 1997 – became familiar with many meditation and stress release techniques in India, Holland and Italy. (for example: rebirthing, encounter, inner child work, hypnosis, AUM meditation, Osho meditations: Kundalini, Nadabrahma, Dynamic)

1989 - Shiatsu

1990 – Prana Healing, Reiki

1991 – Divine Healing/Shiatsu

1992 – Intuitive Massage

1994 – Rebalancing

1995 to 1998 – Cranio Sacral Healing

1993 – 1997 Attunement (Emissaries of Divine Light)

1997 – 2007 Satsang (Samarpan, Om C. Parkin, Gangaji, Isaac Shapiro)

2000 – Enneagram with Eli Jaxon.Bear

2006 – Essenz Healing (Intentional Healing – Cliff Sanderson)

2006 – Emotional Freedom Technique

2006 – Living Essence (Arjuna Ardagh)