



Resume

Marianne de Kuyper

Contact

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Introduction

I, Marianne de Kuyper, am the founder of *Yin Yoga with Marianne* and *Super Change Champion*; two online platforms on Yoga & Coaching. I guide people on how to apply the tool of Yin Yoga and Personal Development to support themselves whilst dealing with daily impulses and sounds. I do this through (online) yoga classes, trainings, e-courses, coaching sessions & blogs.

Work Experience

Various Companies
2002-present

- + Student Coordinator
- + School Guidance Counselor
- + International Student Coordinator
- + Author English Language Materials
- + Author Study Materials
- + English Language Teacher
- + Yoga Instructor
- + Blogger, Writer and Editor
- + Project manager
- + Online Entrepreneur

Personal Qualities

Conscientious
Well-Organized
Truthful
Resourceful
Self-Motivated

Skills

Teaching and Counselling
Project- and Change Management
Copy Writing and Editing
Communication
Public Relations and Marketing

Education

Bachelor Degree. 1998-2002

Fontys Higher Economical Vocational Education (HEAO) Communication, Bachelor Degree, Eindhoven, The Netherlands

Language Training

Various teaching certificates. 2005-2006

- + Preparation Course English Proficiency Language Exam of Cambridge University at Shane Global Village, Cape Town, South Africa.
- + CELTA, CELTA(YL) and pre-diploma course at British Language Centre (BLC), Madrid, Spain.

Life Experience

Various trips. 2002-present

- + Trip of 3 months through Eastern and Southern Africa; from Nairobi, Kenya to Cape Town, South Africa.
- + Stay of 5 months in Cape Town, South Africa to study English at a Language School.
- + Stay of 10 months in Madrid, Spain to obtain a CELTA degree and to teach English.
- + Trip of 6 months to teach Yoga in Mozambique and South-Africa.
- + Trip of 11 months to travel and work in Mozambique, South-Africa and Spain.

Yoga Training

Various teaching certificates. 2010-2015

- + Yoga Teacher Training, Yoga Garden, Diploma Ashtanga & Power Vinyasa Teacher Certification (200 Hours).
- + Sarah Powers, Insight Yoga Teacher Training (60 Hours).
- + David Swenson, Ashtanga Teacher Training (60 Hours).
- + José de Groot, Vinyasa & Yin Yoga Anatomy Training(160 Hours).

From a Magic Wand to a situation of Magic Want

I know what it is like to change a situation and to move on to the next goal.

I have done it many times myself in different areas of life and I started to appreciate and love change.

I see 'dealing with change' as a welcoming skill and I enjoy guiding others on how to use this skill as their Magic Wand to move to a situation of Magic Want to best guide themselves towards a life of flexibility and happiness.