

CURRICULUM VITAE

An Block
Steenstraat 35/2
2180 Ekeren
+32 476214811

Date of Birth: 10/09/1970
Nationality: Belgian
Drivers License: Type B
Relationship Status: Married

PROFILE

From 1984 I changed school to study sport-science in high school. I started teaching aerobics in 1989. Later I learned to teach step aerobics, Body Pump, Tae-bo, spinning, Pilates, fat Burning, figure training and many more classes.

I graduated as a teacher in physical education in 1992. From then I decided to work fulltime as an instructor in a health & fitness club.



WORK EXPERIENCE

- 1992 Sunparks Rauwse Meren**
Fitness manager and group class instructor
- 1993 The Nick, Fitness and sport Centre**
Fitness instructor and group class instructor
- 1993-2016 The Nick changed (different owner) into Sportopolis**
Sportopolis changed into Healthcity
I was a fitness trainer, I teached group classes and I trained people to become a group class teacher. I also evaluated their lessons to make them better teachers.
I still work for the company but I changed all my classes into yoga classes.
In may 2000 I was introduced for the first time to yoga and it was love at first sight.
Over the years, yoga became more and more important in both my personal and professional life.
I introduced yoga in the fitness-industry in Antwerp. Thanks to me we have 12,5 yoga ours a week, which is a lot for a sport club but the classes are full with interested and motivated yogi's. I want people to restore their body, to feel their body, to open the heart, the soul & the body and I want people to feel when they do too much and teach them how to adapt every asana so they can train on their own level.
- 2000 Besides working in the club I am also a personal yoga coach.**
I organize yoga-workshops; yoga-weekends & yoga-weeks and I organize bigger and smaller events to promote yoga. I want people to know that yoga is for everyone!
- In the attachment you can read all my courses I did to learn how to do and how to teach yoga.**
The many teacher-trainings in Belgium and abroad made me a lively, funny, inspirational and down to earth teacher. Teaching yoga to people in fitness and health clubs made me think about many different ways of introducing every asana to the right level for every student. I can break down or build up

every pose to create the wright level for every yogi.

SKILLS

Fluent (written and spoken)

Dutch
English

INTERESTS

Health, Yoga, Nutrition, Traveling, Connecting with people, Family, Sauna