

EDUCATION

- 2017 Cert. Embodied Yoga Principles Teacher, Brighton, England
- 2016 Initiated Osho sannyas International Meditation Center, Pune, India
- 2015-2016 Cert. Ayurvedic Health Consultant, Skandinaviska Ayurveda Akademin, Stockholm, Sweden
- 2013 Yoga student by Dr. Kamaraj, Varkala, India
Dipl. Thai/ Yoga massage therapist by Fabrizio Sarracino, France
- 2012 Dipl. Hatha Yoga teacher, Anand Prakash Yoga Ashram Teacher Training, Rishikesh, India
Yoga student by Baba Surinder Singh ji, Rishikesh, India
Immersed study in Yoga/Ayurveda/ Bhagavad gita with Ganga Puri and Navada Puri, Sri Santosh Puri Ashram, Hardiwar, India
Dipl. Organic Bodywork instructor, Holistic Training with Cecilia Gustafsson, Stockholm Sweden
- 2006 Lic. Personal Trainer, The Academy, Stockholm, Sweden
Dipl. Pilates Teacher by AW Carita Lesche Stockholm, Sweden
Dipl. Power Yoga Teacher by AW Lowe Lundholm, Eskilstuna, Sweden
- 2004 Lic. Group training instructor, S.A.F.E, Stockholm, Sweden
Dipl. Core training Instructor, by AW Henke Bramsved, Eskilstuna, Sweden
Lic. Weight training instructor, S.A.F.E and The Academy, Stockholm, Sweden
- 2002-2003 Cert. Health educator, Bosöns Riksidrottsfolkhögskola, Lidingö Stockholm, Sweden
- 2002-2003 Dipl. Massage therapist in classic Swedish Massage, Bosöns Riksidrottsfolkhögskola, Lidingö Stockholm, Sweden
- 2000 Dipl. workout instructor, Svenska Gymnastikförbundet, Eskilstuna, Sweden
Lic. Body Pump Instructor Les Mills, Stockholm, Sweden
- 1993-1997 Fil mag. Literature, Fil kand. Culture Science Uppsala University, Gothenburg University, Reykjavik University

BUSINESS

- 2018 - Program coordinator Ängsbackas Yoga and Dance Festival, www.easterfestival.se
- 2016 - Organizer of the International Stockholm Yoga & Dance Festival, www.yodafestival.se
- 2015 - Launches her own Yoga and health studio *aYoY* on full time basis
- 2014 - Creates and teaches the concept of *Freemove Yoga*
- 2013 - Starts holding space for annual retreats in Asia (India, Thailand, Sri Lanka) and Sweden. Teaches in Thailand and India and on different Yoga and Dance festivals in Sweden and abroad.

- 2011-2015 Group training coordinator, Personal Trainer, Group training instructor, Massage therapist at Apalby Friskcenter, Västerås, Sweden
- 2010 - Launches her own business *Angelica Personlig Träning & Hälsa* on full time basis
- 2005 -2011 Creates and implements the lifestyle concept *Fit for Life*, coaching for groups.
- 2003-2010 Full time work as Personal Trainer, Gym coordinator, Fitness coach, Group training instructor, Massage therapist at Hälsoskaparna Strängnäs Sweden and Forever Träning & Hälsa Eskilstuna, Sweden
- 1997-2002 Icelandic Travel organizer, Vulkanresor, Stockholm, Sweden

What you may not expect:

I have a big interest in photography and I in the late 90's I had an exhibition traveling around the Nordic countries for 2 years. The exhibition was named "Glimpses of Iceland" and was photos taken in the Icelandic majestic nature. I have lived, studied and worked on Iceland for 1,5 year and I speak Icelandic. I love to write and I have lots of secret lyrics in my drawer. My passion is and has always been the nature, I have done miles and miles trekking around the mountains of Sweden, Iceland, Austria and New Zealand. "It's all about finding the freedom within".