

Course Instructors

Harriet

I am originally from Holland and have been living in Davos with my partner since 2003. I first discovered my love for yoga here. Teaching was never my goal, but I have been doing it for 10 years now with great pleasure. After my 4-year basic training, I continued my education. With different trainers and teachers, but also with my participants, I had the chance to explore and develop myself. The learning process is never over, that's why the yoga path is so exciting and I just keep going.

For me, yoga is not only about the postures (asanas), which I love very much. For me it means much more to go through life with a certain way. Important to me are patience, kindness, gratitude and acceptance towards myself and others. Developing mindfulness and spirit is a big challenge, but one that is worth tackling. Yoga and meditation support you to tackle these challenges. The effects have changed my life in a very positive way.

I teach classical Hatha Yoga, where breathing and mindfulness are very important to me, as well as Yin Yoga, slower and more meditative, which is a good complement to all other yoga styles. Additionally, I am a trained MBSR (Mindfulness Based Stress Reduction) teacher and offer courses and mindfulness weekends.

Furthermore, together with my husband, I organise yoga & walking tours on the Greek island of Lefkas. You can find more information about me [here](#).



Sabine



As a nature-loving movement person, the asana practice was for me at the beginning mainly a welcome stretching lesson to my other physical activities. However, I soon became aware that the physical work with the body is only one part of a holistic philosophical teaching. By chance, I ended up in an Ashtanga Yoga class shortly after my first Hatha Yoga experience. Slightly overwhelmed but enthusiastic about this sophisticated system, the flow of movement, the physical challenge and the positive effects on a spiritual level, I began to practise Ashtanga Yoga regularly from then on. Since then, many teachers as well as students have supported and inspired me on my path.

I completed the 500-hour Advanced Teacher Training (Yoga Alliance) in August 2014. The basis of my classes is the challenging Ashtanga system, which I incorporate into my Vinyasa Flow, Ashtanga Inspired Flows, Ashtanga Mysore and Ashtanga Led classes.

Martina

I have built my career at the intersection of contemplative psychotherapy, performance psychology and nature.

After earning my master's degree in psychology with a focus on motivational psychology, I spent seven seasons in the Himalayas (Tibet, Nepal, and Ladakh) studying Buddhism and leading tours and cultural trips. In 2017, I moved to Boulder, Colorado to follow my passion of integrating Eastern and Western wisdom - Buddhism and psychotherapy.

I am a graduate psychologist (University of Zurich, Switzerland) and a trained clinical mental health counsellor with a focus on contemplative psychotherapy and Buddhist psychology (Naropa University, Colorado, USA).

<https://www.martinaholzach.com/>

I completed my yoga trainings in Switzerland, India, the USA and Australia in the field of Hatha and Vinyasa yoga, as well as yoga therapy and dream sensitive yoga. I am also a trained Thai massage therapist and meditation teacher.



In the classes I integrate my knowledge of yoga, nature-based therapy, meditation, Buddhism and contemplative psychotherapy. Each class has a different focus and we learn methods that we can actively incorporate into our lives.

Claudia



My professional path led me 30 years ago from the beautiful island of Sylt to Davos, where it is so beautiful...

As a passionate water sportswoman and real water lover, I thought that a trip to the mountains of Grisons for a winter season would be great. That one winter season turned into many wonderful years. In the meantime, I love winter sports just as much as I love the countless opportunities Davos offers me.

Since May 2005 I have been working as a medical masseuse and wellness manager at the Waldhotel Davos (with a short interruption). I am passionately committed to the hotel and external guests; I like to give advice and try to meet each and every one of them in their individual life situation and to take care of their individual well-being.

Through my training as a Shiatsu therapist, I have been familiar with the Do-in exercises (Japanese stretching) for some time. They are easy to practise and efficient in their effect.

Our beautiful swimming pool invites you to do water gymnastics in the morning. All joints and muscle groups are gently moved. Afterwards, everyone feels fresh and invigorated. This is a good way to start the day and you are ready for the following activities such as skiing, cross-country skiing or a beautiful (winter) hike.