

Academic training

Masters degree in sport pedagogy, 240 ECTS, in 2009

Bachelors degree in sport pedagogy, 180 ECTS, in 2005

Certification / diploma training

Massage (Chi Nei Tsang), Blue Garden, Chiang Mai, Thailand. January 2015

Certified Yogateacher, Satyananda Yoga Sverige. 2013

Dance instructor, Afro Power Dance. Holistic training. 2007

Yoga instructor, Poweryoga. OM Yoga, Ulrika Norberg. 2004

Licensed Boxinstructor. Scandinavian Academy of Fitness Education. 2004

Licensed Cycleinstructor. Scandinavian Academy of Fitness Education. 2004

Licenseeducation Powerstrike Impact. Powerstrike Worldwide Association. 2004

Licenseeducation Powerstrike Kickbox. Powerstrike Worldwide Association. 2004

Licenseeducation Body Pump. Les Mills Aerobics International Ltd. 2002

Motionsledare, påbyggnad. Svenska gymnastikförbundet. 1996

Barn gymnastikledare, bas + fördjupning. Svenska gymnastikförbundet. 1993

Motionsledare, bas. Svenska gymnastikförbundet. 1992

Trendgympaledare, bas. Svenska gymnastikförbundet. 1989

+ Large amount of short management courses since 1988