

Aline Rotach

RYT200 - YOGA  
TEACHER



Email

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Instagram

aline.physioyoga

**PERSONAL PROFILE**

I teach hatha, flow, pregnancy and postnatal mommy & baby classes. In my classes I focus on alignment and relaxation. I aim to lead my students through strenuous poses, while making sure that the poses are painfree and not causing any harm to the body. Strength, stability and mindfulness are very important in my classes as well as breath work.

**YOGA BACKGROUND**

Pregnancy Yoga with Uma Dinsmore-Tulli  
Sept 2022

Postnatal Yoga with Maria Allingham (YoJo)  
May 2021

Mindfulness based stress reduction (MBSR) - Dansk Center for Mindfulness Aarhus Universitet  
November 2020

Biomechanics - Yoga meets Science (30hr) with Jules Mitchell  
February 2020

Anusara Yoga (100hr) with Barbra Noh  
August 2019

Hatha Yoga Teacher Training (200hr) with Yoga Skyros  
February 2018

Various diplomas and trainings in classical ballet

**TEACHING EXPERIENCE**

Classes @ Brønshøj Fysioterapi / Fit&Sund Brønshøj  
March 2023 - present (1 weekly class)

Classes and workshops @ Pakhus Yoga  
April 2022 - present (1-2 weekly classes, beginner workshops & tween yoga course)

Community class @ Ejerforening Pollux  
October 2020 - present

Private classes  
March 2018 - present

Weekly Hatha class @ Kondigrafen  
March 2018 - March 2020

**ACADEMIC BACKGROUND**

Bachelor in Physiotherapy - Professionshøjskole Absalon Roskilde (Denmark)  
September 2019 - June 2023

Bachelor of Science in Business Law - University of Applied Sciences Zurich (Switzerland)  
August 2008 - July 2012