

## About me



Since 1989 yoga has become the tool 'par excellence' to guide and support my daily life.

In 2001, I discovered the vipassanā-meditation as taught by S.N. Goenka, an insight meditation whose techniques are compatible with the teachings of Patañjali.

In 2002, I qualified as a yoga teacher and my qualification is recognized by the European Yoga Union (after a training by Johan De Backer, Sleidinge, Belgium).

In September 2004 I took a new training from Frans Moors in Brussels, Belgium. Frans Moors is a lifelong student of TKV Desikachar. In July 2007, I finished the training on an essay: "The use of props in the practice of yogāsana; a classification and some considerations."

I still continue studying with my teacher and I assisted him in different yoga teacher trainings.

In 2009, at the end of a seminar in Piesendorf (Austria) I was accepted by TKV Desikachar and Frans Moors as yogateacher trainer.

Other studies I completed until now:

- An introduction to yoga cikitsa (yogatherapy)
- A profound study of the hathayogapradipika
- A profound study of the third and fourth book of the yoga-sutra
- A training to teach individual courses
- An introductions to the yogarahasya of Nathamuni, to the Bhagavad Gita and to the upanisad-s
- A profound study of the mudra-s, of the bandha-s, of the cakra-s and of the meditation of yoga

Born in Belgium at Ghent, the first of October 1953

Married to Latifa El Azhar

Father of An and Yamien

Grandfather of Daan and Merel

Official degree: candidate in law at the Ghent State University (1970-1972)

Profession: civil servant at the Government of East Flanders

Mother tongue: Dutch