



Monica Schmidiger

Born in Lucerne, Switzerland
 Married to Ernst Zwicky
 One adult son
 experienced Intensive Care and Emergency Room Nurse

2008 and ongoing, different educations in holistic treatments
 2011 till mid of 2012, time out and travelling around Australia
 2014 emigration to Seychelles
 2018 left Seychelles, travelling the world and learning
 2020 plan to be back in Switzerland and open own Yoga Studio

Further Education:

Year	Number	Time Unit	What	School	Teacher	Where	Country
2019	38	hours	Medical Thai-Massage&Holistic Bodywork	MFZ	Stefan Srugies	Leipzig	Germany
2019	100	hours	Somatic Yin Yoga TT		Jade Wood	Lucerne	Switzerland
2019	40	hours	Craniosacral Application for Thai-Massage Practitioners	Sunshine House	Evangelos Varis		Greek
2019	50	hours	Yin Yoga Teacher Training Advanced Anatomy	Land of Medicine Buddha	Suzee and Paul Grilley	Soquel	USA
2019	50	hours	Inside Flow Teacher Training LVL 2 Inside Yoga		Young Ho Kim	Krabi	Thailand
2019	40	hours	OSTEOTHAI for inner Organs	Lulyani	David Lutt	Om Waters	Thailand
2019	5	days	Training ‚Thai Massage meets Osteothai‘	Sunshine Massage School	David Lutt	Chiang Mai	Thailand
2019	5	days	advanced training ‚Dynamic Thai Massage‘	Sunshine Massage School	David Lutt	Chiang Mai	Thailand
2018	350	hours	Advanced Lvl 2 Brahmani Yoga Teacher Training	Satzanga Retreat House	Julie Martin	Goa	India
2018	50	hours	Yin Yoga Teacher Training Module 1	Land of Medicine Buddha	Suzee and Paul Grilley	Soquel	USA
2018	50	hours	Yin Yoga Teacher Training	Semperviva Yoga	B. Clark & D. Batts	Vancouver	Canada
2018	50	hours	Inside Flow Vinyasa Yoga Teacher Training	Inside Yoga	Young Ho Kim	Ubud	Bali
2018	10	days	Anathai (Anatomy and Thai Massage)	Sunshine Massage School	Tiery Bienfaisant	Chiang Mai	Thailand
2018	5	days	Thai Yoga Massage Level 2		Ivan Medici	Goa	India
2018	5	days	Yoga and Thai Massage	Sunshine Massage School	Kam Thye Chow	Chiang Mai	Thailand
2018	10	days	Thai Yoga Massage‘ refreshment	Sunshine Massage School	Sich Rieoklang	Chiang Mai	Thailand
2017	6	days	Touch Therapy for people dealing with cancer	Sunshine Massage School	Roni Gilboa	Chiang Mai	Thailand
2017	4	days	Dynamic Thai Massage Training		Thierry Bienfaisant	Freiburg i.B.	Germany
2017	1	days	course bone marrow and bone breathing	Polarity Bildungszentrum	D. Khadro Ramien	Zürich	Switzerland
2017	1	days	Sound Training - Ear Reflexes and Sound impacts	Polarity Bildungszentrum	Dr. John Beaulieu	Zürich	Switzerland
2017	21	days	Shiatsu module 8,9,10 ISS (International Shiatsu School)	Kientalerhof ISS	diverse	Kiental	Switzerland
2016	200	hours	Yin Yoga Teacher Training	Yinspiration	Jo Phee & Joe Barnett	Ubud	Bali
2016	50	hours	Yin Yoga Myofascial Release Teacher Training	Yinspiration	Jo Phee	Stuttgart	Germany
2016	3	days	Sound Training, tone/tuning fork influence on joints and nervous syst.	Polarity Bildungszentrum	Dr. John Beaulieu	Zürich	Switzerland
2016	26	days	Shiatsu Module 5,6,7, ISS (International Shiatsu School)	Kientalerhof ISS	diverse	Kiental	Switzerland
2016	6	days	Yoga Teacher Training in Trauma Sensitive Yoga	TSY-ingradua	J. Pfahl, D. Mitzinger	Zürich	Switzerland
2015	21	days	Shiatsu modules 2,3,4, ISS (International Shiatsu School)	Kientalerhof ISS	diverse	Kiental	Switzerland
2015	100	hours	Yin Yoga & Anatomy II and III		Markus Henning Giess	Hamburg	Germany
2014	7	days	Shiatsu Basic training, ISS (International Shiatsu School)	Kientalerhof ISS	diverse	Kiental	Switzerland
2014	50	hours	Nuad Thaimassage basic training	Wat Po and Chetawan		Innsbruck	Austria
2014	50	hours	Thai Yoga Massage	TillThai	Till Heeg	Köln	Deutschland
2014	3	days	Spiral Tensegrity Yoga Fascia training	Body.Mind.Spirit	Annette Bach	Zürich	Switzerland
2014	50	hours	Yin Yoga Teacher Training		Markus Henning Giess	Erdling	Germany
2014	500	hours	Yoga Teacher Advanced Training, Vinyasa Flow	Sampoorna Yoga	diverse	Goa	India
2013	14	days	Lomi Lomi Massage 1 & 2	Bodyfeet		Thun	Switzerland
2013	3	days	Seminar in meridians of the element water	Akad. F. ärztl. Fortbildung	Rüdiger Dahlke	Wunstorf-St.	Germany
2013	1	days	Hot Stone Massage	Bodyfeet	Claudia Conza Distel	Aarau	Switzerland
2013	15	hours	Yoga for back and spine training		Carmen Costa	Bern	Switzerland
2013	200	hours	Yoga Teacher Training	Ayur Yoga	Remo Rittiner	Benjarafe	Switzerland
12/13	5	days	The Healing Tao - 5 element meridians and 12 organ meridians		Achim Eckert		Germany
2012	1	days	Tao Ton Pressureusing a tuning fork, TCM based		Achim Eckert		Germany
2012	28	days	Panchakarma und Ayurveda Praktiker Training	Greens Ayur Centre	diverse	Azhiyur, Kerala	India
2011	3	days	Diplom als Psychodynamische Atem- und Körper Therapeutin LIKA	LIKA	diverse	Stilli	Switzerland
2007	3	days	Graduate as felting teacher			Kilchberg	BE Switzerland

Other Interests

Felting, nature, talking with friends and family, reading

Membership

Yoga Alliance UK Level RYT500, Membership Number 7061 (www.yogaalliance.co.uk)
 Breath Association Switzerland AFS (www.atem-schweiz.ch)
 Swiss Association for Professionals in Nursing SBK (www.sbk-be.ch)
 Health Insurance accreditation (No 32803) with EGK
 Health Insurance accreditation (No ZSR ASCA F980161) with ASCA (Swiss Association of Complementary Medicine), List of joining insurances
 Health Insurance accreditation (Nr. 28153) with EMR , EMR-Therapist-Index



LabYoga

Ernst Zwicky Schmidiger

Born in Glarus, Switzerland
Married to Monica Schmidiger
2 adult sons

Technical Designer, IT Consultant
2011 till mid 2012 Traveling around Australia
2012 to 2014 several Trainings as Ayurvedic Practitioner
2014 Emigration to the Seychelles
2018 left Seychelles, travelling the world and learning
2020 plan to be back in Switzerland and open own Yoga Studio

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2019	5	days	advanced training ,Dynamic Thai Massage'	Sunshine Massage School	David Lutt	Chiang Mai	Thailand
2018	350	hours	Advanced Lvl 2 Brahmani Yoga Teacher Training	Satzanga Retreat House	Julie Martin	Goa	India
2018	80	hours	5 Elements Teacher Training, Level 1&2, Earth and Water		Peter Clifford	Salzburg	Austria
2018	50	hours	Yin Yoga Teacher Training Module 1	Land of Medicine Buddha	Suzee and Paul Grilley	Soquel	USA
2018	50	hours	Yin Yoga Teacher Training	Semperviva Yoga	Bernie Clark & Diana Batts	Vancouver	Canada
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2017	6	days	Touch Therapy for people dealing with cancer	Sunshine Massage School	Roni Gilboa	Chiang Mai	Thailand
2017	3	days	Anahata Yoga Workshop with Peter Clifford		Peter Clifford	Salzburg	Austria
2016	27	days	Yin Yoga Teacher Training	Yinspiration	Jo Phee and Joe Barnett	Ubud	Bali
2016	250	hours	Yoga Teacher Training	Ayur Yoga	Remo Rittiner	Benjarafe	Switzerland
2014	many		Panchakarma Kuren Workshops bei Dr. Hans H. Rhyner	Rhyner College	diverse		Switzerland
2014	10	days	Ayurvedic Workshop and Intensive Training	Clinic Prasarak Mandal	diverse	Mumbai	India
12/13	5	days	The Healing Tao - 5 element meridians and 12 organ meridians			Achim Eckert	Germany
12/13	many		Hands on learning Panchakarma Cures with Dr. Hans H. Rhyner	Rhyner College	diverse		Switzerland
2012	136	hours	Ayurvedic Manual Treatment Training	Institut Agasyiha	Stefan Isop	Bad Münstereifel	Germany
2012	4	weeks	Panchakarma und Ayurveda Praktiker Training	Greens Ayur Centre	diverse	Azhiyur, Kerala	India

Other Interests

Working with Stones and Steel, welding Sculptures, Travelling. Thinking out of the box like Visions and Concepts for technical innovations.

Membership

aapww - Association of Ayurveda Professionals World Wide
Yoga Alliance Professional UK
Yoga Alliance US