

Lucie Macková

YOGA TEACHER, RYT200

Profile

I'm a 29 year old yoga teacher based in Olomouc, Czech Republic with experience teaching hatha and vinyasa yoga classes. I also work on my PhD at Palacký University Olomouc.

Contact

Legionářská 1088/6
Olomouc
Czech Republic

Work experience

JÓGA VELKÝ TÝNEC (2016-NOW)

Monday 18:00 class

CENTRUM VITALITY OLOMOUC (2015-2016)

Vinyasa and hatha yoga classes

Yoga education

RISHIKESH YOG PEETH (2015)

Yoga teacher training accredited by the Yoga Alliance (RYT200)

POWER YOGA AKADEMIE (2015)

Hatha yoga instructor registered with the Czech Ministry of Education

Yoga workshops

Ashtanga vinyasa yoga (with Dalibor Štědronský, David Swenson)

Vinyasa yoga (with Deep Kumar, Pavla Rozmarová)

Therapeutic yoga (with Deep Kumar)

Yin yoga (with Veronika Carmanová)

Prana Vashya yoga (with Petr Smil, Vinay Kumar)

