

DANIELLE VAN GRIEKEN

Owner at studio Vandaan

Warm heart for yoga, massage and caring for women before, during and after pregnancy. Inspired by Ayurveda, veganism, vintage, diy, and Argentinian tango. Living in a country house. Mother of a son and daughter.



EDUCATION

2000 - 2005

Utrecht University

Language & Culture studies

Master International Relations
(cum laude)

BUSINESS

2009 - current

studio Vandaan

CEO & general management

CONTACT



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www.studiovandaan.com



Buitenweg 65a, Maurik

YOGA TRAINING

2010

Yoga & Ayurveda Teacher training

Goa, India

- Shakti Spirit, Rachel Hull (YA 200+)

2011

Anatomy & Injuries Yoga Training

Yoga Moves, Utrecht

- Anatomie cursus voor Yoga-docenten, Ted Willemsen

2011-2012

Perinatal Yoga Teacher Training

Birthlight, London, UK. Birthlight.com

- Teacher: Francoise Freedman

2014

Postnatal Yoga Teacher Training

Birthlight., Utrecht. Birthlight.com

- Teacher: Kirsteen Ruffel

2017

Fertility Yoga Teacher Training

Fit for Fertility

- Teacher: Rika Luca



MASSAGE TRAINING

2022

Holistisch Postpartum behandelaar

Omarm de Kraamtijd, Marjan de Jong

- Ayurvedische kraammassage, Belly Binding, Yogi Steam, Ayurvedische postpartum maaltijden

2018

Postpartum Care & Mexican Rituals

Angelina Martinez, Amsterdam

- Rebozo massage & Sluitingsceremonie

2011

Anatomie & Fysiologie voor Massage

Massage Academie, Apeldoorn.

YOGA CPD'S

2021

Cesarean scar healing

Francoise Freeman, Birthlight UK

2021

Postnatal Twists & Balances

Kirsteen Ruffel, Birthlight UK

What people say:

Danielle is a fantastic yoga teacher! Her classes are an extension of her personality: she is clear, very knowledgable, optimistic, has a great sense of humor and is, most of all, a very warm person. I can highly recommend her as a yoga teacher as I am very enthusiastic about her! - Anne

2011

Cursus Ontspanningsmassage & Rebalancing technieken

Gouden Piramide, Utrecht

- Docent Marion Geelen-Landoo

2010

Thai Yoga Massage Training

Yoga Moves Utrecht

- Teachers Maral Hadidi & Dieke Bikker, Salon Physique.

2010

Ayurvedic Massage Training

- Teacher Marielle Meijers Bhoomika, Utrecht.

2010

Traditional Balinese Massage Training

- Sang Spa, Ubud, Bali, Indonesia

2019

Repair and Prevention of Diastase Recti

Kirsteen Ruffel, Birthlight UK