



# YOGA VITA

## PERSONAL INFORMATION

Name	<b>Henry Hess, Dr. rer. nat.</b>
Birthday	28 March 1963
Address	<b>Sonnenstrasse 7 • D-55743 Idar-Oberstein, Germany</b>
Phone	<b>+49-175-9344515</b>
E-Mail	<a href="mailto:henry_privat@yahoo.de">henry_privat@yahoo.de</a> ; <a href="mailto:shalakailash@gmail.com">shalakailash@gmail.com</a>
Citizenship	German; US permanent residency

## PROFESSIONAL YOGA

### EDUCATION

#### **200 HOURS VINYASA FLOW**

*SEP 2015 – FEB 2016*

Balance Yoga Frankfurt

#### **15 HOURS KUNDALINI**

*SEP 2015*

Reinhard Gammenthaler

#### **12 HOURS HARMONIUM**

*APR 2016*

Tobias Dickbertel

#### **50 HOURS, YIN YOGA**

*MAY 2016*

Joe Phee

#### **35 HOURS, YOGA THERAPY**

*FEB 2017*

Mark Stephens

#### **300 HOURS,**

#### **Hatha/Ashtanga**

*April/May 2017*

*Shiva Yoga Peeth, Rishikesh, India*

#### **15 HOURS KUNDALINI**

*SEP 2017*

Reinhard Gammenthaler

#### **300 HOURS, VINYASA FLOW**

*JAN/FEB 2018*

Sampoorna Yoga, Agonda, Goa, India

#### **25 HOURS, REFINED TEACHING**

Mark Stephens

#### **SKILLS**

*MAY 2018*

#### **250+ HOURS, ASHTANGA**

YogaDharma, IndeaYoga, Mysuru, India

#### **VINYASA**

*DEC 2018*

#### **65 HOURS, ACUPRESSURE, YIN**

Joe Phee

#### **YOGA & HIP ANATOMY**

*OCT 2019*

**TEACHING EXPERIENCE**

**Balance Yoga Frankfurt**

Teaching Staff Member (Feb 2016 – present)

**Merck KGaA**

Spartenleiter/Section Head Yoga (Jan 2017 – present)

Frankfurter Strasse 250

*D-64293 Darmstadt*

**Body Culture Group GmbH & Co.  
KG**

Kursleiter/Course lead Hatha and Vinyasa (Jan 2017 – present)

Rudolf-Diesel-Strasse 4

*D-64846 Groß-Zimmern*

**MāDurgaYoga & the Shala  
Kailash Project**

Founder, Yoga teacher (Jun 2016 – present)

Hauptstrasse 108

55743 Idar-Oberstein