

Ciska Matthes

PERSONAL DETAILS:

Born November 28, 1964 in Amsterdam

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ACADEMIC EDUCATION:

Social Psychology at the Vrije Universiteit Amsterdam, graduation 1989

RELEVANT MINDFULNESS & YOGA TEACHER TRAINING:

Mindfulness Teacher Training - Basic at IAM in Flanders 2011

Advanced Mindfulness Teacher Training at See True 2013

'Long trajectory' See True 2017

VMBN certification Category 1, since 2017

Mindful Eating Conscious Living with Jan Chozen Bays 2013

Mindfulness for Children and Adolescents 2013

Various advanced trainings and specialisations 2011-2020

Yin Yoga & Mindfulness Teacher Training at Stillness in Yoga 2015

Hatha/Vinyasa 200 hrs Yoga Teacher Training at Anadi Centre (Rishikesh, India)
2020

RELEVANT WORK EXPERIENCE:

Freelance trainer For Frits Philips & Partners in Eindhoven 1988-1991

Board member and trainer at Vormingscentrum VU 1987-1988

Freelance trainer at Faculty of Social Psychology VU 1994

Meditation teacher, mindfulness trainer, yoga teacher at our home studio 'Het Oog van de Orkaan' since 2010.

Guiding meditation groups, mindfulness trainings, advanced trainings, yoga classes, retreats, practice days. Mainly with adults, but also for teens and kids.

Individual guidance and coaching.

Mindfulness for college teens, e.g. at Ignatius Gymnasium 2019-2020

Contributions to various teacher trainings and courses in Buddhism, meditation,

mindfulness and/or yoga (NTI, VU, Stillness in Yoga) 2016-2020

OTHER WORK EXPERIENCE:

Freelance journalist in South-Africa and Namibia 1991-1993

Guiding refugees (volunteer job) in Amsterdam Zuidoost 2005-2014

Cleaning, gardening, cooking, and leading small teams in various spiritual centres across the world: 1998-2020

MEDITATION EXPERIENCE AND BUDDHIST STUDY:

Zen training in various Zen centres in the US, Netherlands and Europe 1996 -1998 and 2005-2010

Zen training residential in Soto-Zen temple Bukkokuji, Obama-shi, Japan 1999 - 2005

Zen-retreats and residential training in Zen Centre Noorderpoort in Drenthe in 1998 and 2005 - 2020

Various Vipassana-retreats in Europe with among others Frits Koster, Jotika Hermesen, Bhante Sujiva, Bhante Bodhidhamma, Dhamma Dipa (Goenka) 2005-2018

Three-months-retreats Vipassana: Insight Meditation Society in the US 2008-2010

Vipassana/samatha-retreats with Christina Garbe 2013-2016

Insight Dialogue Retreat with Gregory Kramer & Bart van Melik 2014

Various other short and long retreats, e.g. in Tibetan Buddhism and Chan 1995-2020

Various Satsang- and work-retreats with Sri Mooji in Portugal 2016-2020

