



BREATHING SPACE

TEACHERS BIO

A unique combination of entrepreneurship, corporate know-how, executive coaching skills, healing, creativity and intuition.

Jos Weesjes

A leadership enthusiast who brings out the best in people from different cultures. As a facilitator of change for individuals, teams and organisations, Jos inspires people to embrace life.



Jos balances the possibilities of life and leadership coaching with the art of asking the right questions, in the knowledge that this is more impactful than the temptation to supply answers.

He has extensive corporate experience within the international hospitality industry, leading national and multi-national teams across the world in marketing, operations, distribution and sales, and has led various international organisational design and change projects in finance, distribution and branding.

Jos is a licensed NLP Master Practitioner and certified Life Coach. He holds an MBA (1994-1996) from the Erasmus Rotterdam School of Management and Georgia State University Atlanta, USA.

He helps people and organisations to discover their true purpose and develop new rituals to gain clarity. Clear choices shape our lives and make things happen. As a passionate practitioner of this insight, Jos exudes an infectious energy.

Originally from The Netherlands, Jos has worked and lived on four continents and speaks English, Dutch, a little French and German and is currently studying Mandarin. He divides his time working and living between Europe (Amsterdam) & Asia (Bangkok). He loves long distance running and traveling.

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Wendy Manders

Yoga taught Wendy to self-reflect and to accept life as it comes. Down-to-earth, serene and centered, she shares this gift, showing people that everything we're looking for is right here.



For almost 20 years, Wendy has studied and taught different styles of yoga and meditation. Her personal practice has evolved from the vigorous physical approach of Ashtanga Yoga to something more subtle and silent, like Yoga Nidra. Change and movement are constant.

Wendy is the face and founder of Yoga SuCasa, an intimate home studio in Leiden, the Netherlands. She specialises in private and small group lessons, giving her complete attention to beginners and advanced yogis alike. Next to this, she helps business people de-stress in the workplace in corporate yoga programmes and hosts off-site weekend retreats.

Expect Wendy to open you up to the possibility of connecting to what you already have -- to who you already are. Her yoga, breathing and meditation techniques open the door to self-reflection, compassion, and continued growth and self-awareness.

Wendy holds a master's degree in Civil Law. Hungry for adventure after 5 years in consulting jobs, she graduated as a vinologist and set up a wine business before venturing into yoga. She keeps fuelling her passion and yoga education in the Netherlands, UK, India and the USA. She is currently certifying for iRest®.

Fluent in Dutch, Spanish, and English, Wendy loves to travel. Her love of Kashmir has inspired her to study Hindi and Urdu. She's a hiker and swimmer, cooks with her heart and loves to read.

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Véronique Van Hoya

A writer and wabi-sabi lover with a passion for art, design and fashion. Véronique inspires people to see beauty everywhere and live well by embracing what is.



Véronique combines international corporate expertise with unrestrained creativity. She has led teams in the hospitality industry and is an all-round corporate communications specialist with experience from strategy development through project management and implementation for a global beer brand. She's also a skilled creative writer and editor.

Five years ago, she took a leap of faith, said goodbye to corporate life to restore an abandoned estate in Southern France, Domaine Lescure. This adventure led her to blogging about renovation pains, personal growth, ramblings on beauty, triumphs and failures. To this day, she's learning to let go of perfection and embrace her flaws. As part of her journey, she organises exclusive and personalised retreats and offers life lessons on simplicity, beauty and spirituality to others.

Véronique holds a master's degree in Classical Languages from Ghent University and is training in Intuitive Healing.

Born in Belgium and known for her refined sense of style, friends call her La Belgaïse. She speaks Dutch, English, French, and German and embraces opportunities to practice her basic Italian and Spanish.

Véronique loves reading, writing and vintage shopping. She divides her time between France and The Netherlands.

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Thomas van Praag

An entrepreneur at heart and energetic life enthusiast, Thomas is passionate about trying new things. He guides people home to themselves by reconnecting to nature.



Thomas has always been comfortable at moving in different directions at once. Simultaneously studying IT and psychology and attending theatre school, he also started his first company during his student days. He has been building IT-businesses ever since. He enables decision makers across organisations to find creative solutions in the world of big data.

As an active private investor in Europe and the US, he is dedicated to supporting entrepreneurs. His newest passion: hosting and co-creating exclusive retreats at Domaine Lescure, the estate he is restoring in Southern France. This adventure has brought him on the path of shinrin-yoku and other embodiment techniques.

Thomas is a certified Forest Therapy Guide from ANFT and a Breath Practitioner. He holds a master's degree from Leiden University, and he is currently training in Voice Dialogue.

He studied and lived in Africa, France and Belgium and speaks English, Dutch, French, and German. He loves building things, hiking and finds relaxation in his handmade wooden hot tub.

He is based in both France and The Netherlands and spends his time working and traveling in Europe and the USA.

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