

Certifications Sandra Gross

- **2025: Trauma to Transcendence:** Suzanne Ravenall Institute
- **2025: Advanced Certified Resonance Repatterning Practitioner**, RRII and Suzanne Ravenall Institute
- **2024: Resonance Repatterning Practitioner**, energy healing system as taught by the Resonance Repatterning International Institute and Suzanne Ravenall
- **2023: Sanathana Sai Sanjeevini Healing Practitioner**, energy healing system, as taught by the Association for the Promotion of Sanathana Sai Sanjeevini Healing Modes in Austria
- **2023: Certified Stretching Coach**, Yoga Teachers College
- **2022: Southwood Healing Teacher**, permission by Malcolm S. Southwood to teach his method as a spiritual teacher
- **2022: Archangel Metatron Colour Healing Practitioner**, by Amanda Ellis (UK) of Angelic Celestial Colours to use colour and light to restore, replenish and upgrade the whole body matrix
- **2022: Teen Yoga Teacher**, certified by Marzia Bendotti, Arhanta Online Academy, yoga teacher training for teaching teens
- **2018: Biofeldtest & Lebenstransfer Therapist**, Diagnostic and Therapy, Gesellschaft für Biophysikalische Medizin e.V., regular courses, entry in the List of therapists since June 2018
- **2017: Groovy Kids Yoga Teacher**, certified by Greville Henwood, at Zürich, Switzerland
- **2016: Wisdom Warriors Teacher**, certified by Desirée Rumbaugh and Karen Church, safe and strong asana practice after 50, Zürich, Switzerland
- **2013: Nutrition Counselor**, certified by Natalia Rose, Rose Program, New York
- **2013: Advanced Certified Yoga Teacher**, certified by Stephen Thomas, International Yoga Alliance, RYT 500
- **2011: Deeksha Giver from the Oneness University**, initiated in Bali by Pak Kadek Suambara, Nyuh Kuning, Bali, Indonesia, Oneness University
- **2009: Southwood Healing Practitioner**, Certificate "Dynamics of Healing" at the Malcolm Southwood Healing School for Healing Therapy, Basel
- **2007: Certified Yoga Teacher**, certified by Christine May and Michael Thurnherr, International Yoga Alliance, RYT 200
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Trainings (mostly on a yearly basis)

- **2025: Advanced Certified Resonance Repatterning Practitioner**, trained by Suzanne Ravenall
- **2024: Resonance Repatterning** by Chloe Faith Wordsworth and trained by Suzanne Ravendall
- **2023: Trainings in the Sanathana Sai Sanjeevini Healing System** by teachers from the Association for the Promotion of Sanathana Sai Sanjeevini Healing Modes (*german: Verein zur Förderung der Sanathana Sai Sanjeevini Heilweisen*) and member of the association
- **2023: Formal training in evidential psychic readings and mediumship as well as spiritual healing** by Philip Dykes & Kerry McLeod, developing evidential medium
- **2013: Art of Living Courses**, Part 1 (Zürich) and Art of Living Happiness Course (with Sri Sri Ravi Shankar, Munich)

- **2011: Detox The World**, trainings in detoxification and cleansing, e.g. Extremely Green Detox, Maximum Purification, 10 day fasting, the Rose Cleanse, A Life of Power
- **2008: Chinese Quantum Method (CQM)** seminar in Zürich, by Gabriele Eckert
- **2007: Ayurvedische Heilkunst Seminar**, 12 hours further education with Constanz Kiffmeyer (27.-28.4.2007), Zürich, Switzerland
- **2007: workshops and intensive trainings** with Stephen Thomas, asana practice, pranayama, kriyas, meditation, Zürich, Switzerland
- **2006: Vijnana Yoga**, workshops and retreats with Orit Sen Gupta, in Zürich, Basel and Immenstadt
- **2006: yoga workshops** with Shiva Rea, Desirée Rumbaugh, Jeff Fisher, Josh Summers (3 day intensive yin yoga workshop), Christine May, Michael Hamilton and others
- **2006: Regular spiritual retreats (4 weeks)** in Prashanti Nilayam, India, ashram of Sathya Sai Baba
- **2006: Sivananda yoga retreat (4 weeks)** on the Bahamas

Diploma and Doctorate

- **2006: Doctorate in business technology (Dr. oec.)**, Hochschule St. Gallen (HSG), Switzerland
- **1999: Diploma in computer science (Dipl.-Inform.)**, University Karlsruhe, Germany

Return self-respect to those who have mislaid it,
 Return independence to those who have lost it,
 Return love to those who have forgotten it.
 - Malcolm Southwood