

LENA ROTHE

Yoga & Wellness Retreat Teacher

Specializing in nervous system-informed movement & retreat facilitation

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About Me

Experienced yoga teacher with over 700 hours of training, specializing in nervous system-informed movement and retreat facilitation. I create refined, accessible yoga experiences that support guest recovery, presence, and wellbeing in retreat settings. I'm drawn to retreat work because it allows for deeper transformation than drop-in classes — I love supporting guests through multi-day journeys of reconnection with themselves, and bringing a warm, reliable presence to the teams I work with.

AVAILABILITY

Available July - September 2026

Seeking a resident teaching position in exchange for private accommodation + meals. Preferred locations: Morocco, Spain, Portugal, Greece or Egypt.

Languages: English (fluent) · German (native) · Spanish (conversational) · French (basic)

Why I'm a Great Fit for Your Retreat Center

Retreat Experience. Currently building my own yoga & coaching business while organizing my own retreats in Germany and India.

Beyond Yoga. Cacao ceremonies, sound healing, women's circles, creative painting & journaling sessions, nervous system workshops and somatic coaching.

Warm & Professional. Creates welcoming, safe spaces; skilled in hands-on adjustments; connects authentically with students.

Versatile Teacher. Teaches multiple styles daily — Vinyasa, Hatha, Yin, Restorative, Trauma-Informed and Pilates.

Well-Rounded Support. Happy to assist with retreats, teacher trainings and community building.

Self-Sufficient. Organized, reliable and punctual — a collaborative team member you can count on.

Current Teaching Experience

Somatara — Founder & Lead Teacher

2026 - PRESENT

My own holistic yoga & wellness business

- Organizing retreats in Germany (October 2026) and India (February 2027)
- Co-organizing the India retreat with an international partner
- Hosting monthly group sessions and workshops; offering 1-on-1 yoga and somatic coaching
- Leading women's circles, ceremonial gatherings and creative sessions integrating painting & journaling
- Focused on nervous system work, embodiment and community

Happy Yoga Studio — Yoga & Pilates Teacher

NOV 2024 - DEC 2025

Chemnitz, Germany · weekly classes + workshops

- Teaching Mobility Yoga, Morning Yoga, Vinyasa, Slow Flow, Pilates and Yin
- Workshops: Nervous System Science, Cacao Ceremonies, Sound Healing
- Supported Yin Yoga Teacher Training as a Karma Yogi
- Featured in Freie Presse (23 August 2025, article by Erik Anke)

Previous Teaching Experience

Layback Surf & Yoga Retreat **MAY 2024**

Sri Lanka · lead teacher · ~20 guests

Daily 60-minute Vinyasa, Hatha & Yin classes for international retreat guests — breath, alignment and mindful movement.

Ananda Balance **2022**

Germany · weekly classes

Weekly 75-minute Yin, Vinyasa & Hatha classes — small-group, adjustment-focused teaching for beginners & intermediates.

Sisterhood & Connection Retreat **2019**

Uppsala, Sweden · designer + lead · 10 women

Designed and hosted a 3-day yoga retreat for a closed group of 10 women — alongside weekly 90-min Vinyasa classes at Uppsala University.

Yoga & Wellness Training · 700+ Hours

Core Certifications: 300h Hatha Vinyasa Yoga — Rishikesh Yogkulam, India (2024) · 200h Hatha Vinyasa Yoga — World Peace Yoga School, India (2018) · 50h Yin Yoga — Anjali Yoga (online) · 50h Pranayama & Breathwork — Yogalap (online)

Specialized Training: 50h Trauma-Informed Yoga & 50h Restorative Yoga (Om Yoga Flow) · 30h Art of Sequencing (Strala Yoga) · Pilates Teacher Training, Josie McKenlay (in progress) · Sound Healing Master Training (Rama Space, Rishikesh) · Traditional Ayurvedic Massage (Ayuskama, Rishikesh) · Reiki Level II Healer · Somatic Coaching

Styles I Teach: Hatha · Vinyasa · Ashtanga · Restorative · Yin · Trauma-Informed Yoga · Mat Pilates (*in progress*)

Additional Offerings: Sound Healing · Cacao Ceremonies · Women's Circles · Ceremonial Gatherings · Creative Sessions (Painting & Journaling) · Nervous System Workshops · Reiki · Somatic Practices

Safety & Standards: 50h Trauma-Informed certification · Consent-led hands-on adjustments · Pre-class medical disclosures · Professional liability insurance & current first-aid certification arranged ahead of retreat start (proof on request)

Education: M.Sc. Sustainable Destination Development, Uppsala University (2019–2021) · M.Sc. Education for Sustainable Development, University of Gothenburg (2020–2021)

What I Can Offer Your Retreat Center

Daily Teaching. Multiple class styles to suit different guest needs; morning energizing flows and evening restorative practices; beginner-friendly to intermediate instruction; thoughtful sequencing with nervous system awareness.

Workshops & Specials. Nervous System + Yoga workshops; creative sessions integrating painting & journaling; cacao ceremonies with intention-setting; women's circles and ceremonial gatherings; sound healing; somatic and trauma-informed practices.

Support Beyond Teaching. Assist with incoming retreats (setup, guest welcome, facilitation support); support teacher training programs; help create a welcoming community atmosphere; a flexible, collaborative team member.

Retreat Organizing Experience

- Founder of Somatara — building a yoga & wellness business with retreats, monthly sessions and 1-on-1 work
- Organizing an October 2026 wellness retreat in Germany
- Co-organizing a February 2027 retreat in India with an international partner
- Designed and hosted a 3-day yoga retreat in Sweden (2019)

What I'm Looking For · July - September 2026

Resident teaching position at an established yoga / wellness retreat center, with the opportunity to teach daily and contribute to the community.

Essentials: private accommodation · meals included · July - September 2026 · preferred locations: Morocco, Spain, Portugal, Greece or Egypt.

Recommendations & References

“Lena has a natural ability to create a welcoming and safe space for students.”

— Linda Lohwasser & Patricia Peters, Owners, Happy Yoga Studio Chemnitz

“Lena is a deeply present and thoughtful yoga teacher who brings a lot of authenticity and heart into her classes.”

— Eveline, Yoga Student (Google Review)

Full written references available on request — Linda Lohwasser & Patricia Peters (Happy Yoga Studio, Chemnitz · mail@happyogachemnitz.de), the team at Layback Surf & Yoga Retreat (Sri Lanka, 2024), and previous teaching positions. Cueing video on request (youtube.com/@somatara-somaticyoga).

Ready to bring mindful, nervous system-informed yoga to your retreat guests. Let's create something beautiful together.