

That's me! – Introduction of Ditte Kotzian

Hello, you beautiful human!
Thank you for taking the time to getting to know me.



My name is Ditte Kotzian. I have played professional sports in the discipline of diving for 25 years. I traveled far, I have celebrated many successes and I learned from my setbacks. Winning the Bronze medal at the Beijing Olympics in 2008 was the highlight of my carrier. During the times as an athlete I studied sports science and kept asking the same question over and over again: What is my purpose of existence in this world? I went into philosophy and deeply into studying yoga. And after all I trusted my

intuition. It told me, that it is my calling to support others. Support them in strengthening their body, sort out their mind and find their true destiny and happiness in life. My tools are Ayurvedic Healing, Yoga and Coaching. In several yoga teacher trainings and a longer term stay in India and Sri Lanka to study Ayurveda.

I learned how important inner balance of body mind and soul is for a healthy happy life. I trust the old Indian healing tradition, because it has been alive for thousands of years and it works! I witness the process and positive change with my clients every day. After every treatment, they are fresher, more balanced, more positive. Benefit from my experience and let us find the fitting treatment for you. A one-day holiday or a longer journey together, it does not matter, I am looking forward to meeting you soon!

Ditte Kotzian
-Management Wellness/Prävention/Coaching/Yoga-

Tel.: 030-631 03 0
Email: ditte.kotzian@louisas-place.de