



Nasrah Nefer

*„ Move in Body and Soul „*

is of German-Egyptian descent, born and raised in Heidelberg. After graduating from high school, she began training as a nurse and, after graduating she worked in the municipal Dialysis Hospital in Merheim and for 1 year in the Gynecological clinic of the University Clinic in Cologne. In addition to regular nursing training, she acquired knowledge of classic massage techniques and in her free time developed her artistic ambitions in paintings. She received the offer to study art privately in Italy. She commuted between Italy and Germany for two years and studied painting with Franzesco Santini in Sardinia. She continued her artistic training in Germany, later studied Egyptology, Islamic Science and Archeology at the University of Cologne and completed training in Contemporary and Egyptian Dance. With a focus on Egyptian Dance, she was internationally active on stages and taught dance, gymnastics and painting. She expanded her massage practices through Reiki courses and Manual Therapy and trained in Shiatsu Massage at the Thalamus Institute in Cologne. Nasrah Nefer opened an Orient Store in Bonn and realized her vision of connecting cultures and bringing people closer to the authentic taste of the Orient, a world full of colors and warmth in Orient Houses - in the Event Bistro and Restaurant “Ya Habibi ”. During this time she had numerous exhibitions in Germany. Nasrah Nefer lives and works in Turkey since 2002, where she presents and teaches Dance and Art. She expanded her knowledge in the field of Life Coaching, completed courses in NLP, Psychology and Art Therapy, and also studied Informatic for Web Design. In 2015 her paintings were published together with the poems by Franziska Pietsch in the Artist Book “Seelenlandschaften” in the Deutsches Lyrikverlag. Nasrah Nefer combines Eastern and Western cultures in her Art, such as Art Nouveau and Art Deco designs in synthesis. These styles are her inspiration and mirror her artistic expression. Her Artworks are awarded and are shown in international exhibitions. Here course content is also binding - currently teaches dance, painting and gymnastics, adapting interdisciplinary

content to the needs and physical situation of her clients. Her focus is on improving health and mobilizing spine and joints, stabilizing well-being and promoting the body's own analytical reflection. As a therapeutic path for mind and soul, she offers Dance and Art Therapy. Nasrah Nefer speaks German, English and Turkish.

- Dance Therapy
- Art Therapy
- Manual Therapy
- Massages
- Spine Gymnastics and Alexander Technique
- Dance Lessons - Mobilization and Cardio Training
- Gymnastics, interdisciplinary from Yoga, Pilates, Stretching, Muscle Training and Spine Gymnastics

## Education

1966 – 1969	Elementary School ,Sandhausen, Germany
1969 – 1970	Elementary School Heidelberg, Germany
1970 – 1974	College Heidelberg, Germany
1974 – 1975	College Düren, Germany
1975 – 1976	College Dortmund, Germany
1976 – 1979	Nursing ev.Krh Kalk, Cologne, Germany
1979 – 1980	Dialysis Cologne- KRH Merheim, Germany
1980	Frauenklinik University Hospital Cologne, Germany
1980 – 1981	Private Art Studies with Franzesco Santini , Sardenia, Italy
1982 - 1985	Motherhood
1985 – 1987	Art School Cologne, Germany
1987 – 1989	Evening College Cologne, Germany
1990 – 1991	Studies at Universität of Cologne, Germany – Sociology, Pedagogy, Music Sciences
1991 – 1998	Studies at Universität of Cologne, Germany – Egyptology, Archeology, Islamic Sciences
1990 – 1999	Training in Contemporary and Egyptian dance
1993 – 1995	Further education, Courses in Reiki and Manual Therapy
1995	Shiatsu Massage at Thalamus Institute Cologne, Germany
2014 – 2016	Computer Science for Web Design
2019	Therapeutic Art Life Couch Certificate
2018 – 2020	Modern Applied Psychology Diploma (DMAP)
2020 – 2021	NLP Practitioner & Life Coach Certificate

2020 – 2021 NLP Master Practitioner  
2021 Yoga Life Coach Certificate  
2021 Professionel Life Coach Certificate  
2021 Professional Life Coach Certification & Guide

## Activities

1996 – 1998 Orientladen Bonn „Lotosgarten“, Bonn, Deutschland  
1999 - 2002 Orienthaus Bistro und Orienthaus Restaurant „Ya Habibi“  
Cologne, Germany  
1992 – 2014 Active Stage Life with Performances with the Ensemble  
"Ko-i-nohr" and Ensemble Gamal Seif,  
internationally on stage as a Solo Dancer.  
1985 bis heute Art exhibitions as group and solo exhibitions  
1994 bis heute Courses in Dance, Gymnastics and Paintings, Dance Therapy,  
Manual Therapy and Massage

## Publication

2015 Franziska Pietsch – Poems , Nasrah Nefer – Paintings  
„Seelenlandschaften“ Edition Artist Book ,  
Deutschen Lyrik Verlag

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