

CHARLOTTE ROENNAU



1,500 hours of yoga, mindfulness, and meditation teacher training
20 years of experience teaching recovery, yoga, mindfulness and meditation

A degree in Sports Science

8 years of leading Mindful Running Retreats all over the world

5 years of intensive leadership training, specialized in Mindful Leadership, Transformational Leadership and Conversational Leadership.

Charlotte Roennau, once known as one of Denmark's fastest women with Olympic track-and-field aspirations, pursued a career where sports science, yoga and mindfulness intersect.

She spent a decade creating peaceful co-existence, social cohesion and reconciliation in the former Yugoslavia and Afghanistan, where her work with Cross Cultures Project Association (CCPA) and Global Education through Sports (GES) brought the core values of sports to bring kids, families, communities, and cities together in conflict areas with respect for diversity, religion, culture and gender.

After years of traveling family brought her back to Denmark where a career in sports politics, management, and consultation in the field of culture- and sports facilities rooted her down.

She moved to Aspen, CO in 2010. In the US Charlotte used her extensive background in running, yoga and mindfulness in her late role as Director of Mindful Leadership and Guest Transformation in Run Wild Retreats & Wellness training staff, developing curriculum and leading Mindful Running retreats all over the world.

