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Raymond Besems-Fagoe

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9.0

Average grade for *Raymond Besems-Fagoe*
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Antoinette H
Teacher/coach

★★★★★9

Raymond, thank you for this wonderful last meditation lesson, but also for everything I was able to learn from you at Anand Opleidingen. Va... [read more](#) -a year ago

Coach: [Raymond Besems-Fagoe](#) 1

Leather products from Raymond Besems-Fagoe

Vitality & Health

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Raymond Besems is the founder and owner of Anand. He offers courses in relaxation massage, classical massage, meditation, intuition, reiki, Ayurvedic massage, chair massage, yoga massage, mindfulness, massage week, and yoga holidays. He has been practicing yoga for over 25 years and ran his own massage practice from 1999 to 2001. Since 2002, he has been teaching various courses and training programs in massage, reiki, yoga, and meditation. In 1997, he took a course in aura healing. In 1998, he spent a year in India and Thailand, where he completed teacher training in yoga, meditation, acupressure, foot and hand reflexology, Ayurvedic massage, and Thai yoga massage. He also earned his master's degree in reiki there. In 1999, he passed the sports massage and chair massage exams. He has a wealth of experience with over 7,000 massages and reiki treatments.

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Tim van Dorp



9

I found the Reiki Master course a very pleasant way of teaching and learning. A good mix of focus and fun, formal and informal. I would definitely recommend it to anyone who feels drawn to reiki. 9 months ago

Coach: [Raymond Besems-Fagoe](#)



Joycelyn Bartlett



8

"Very valuable, ancient universal knowledge that has been forgotten and that we need to remember. Knowledge of Reiki is the birthright of every human being. It activates our self-healing capacity and thus activates the healing of us all." 9 months ago

Coach: [Raymond Besems-Fagoe](#)



Jack Hansen

Entrepreneur



9

The Anand Opleidingen relaxation massage course is very clear. The instructor explains it well. It's an educational course and relaxing to do. 10 months ago

Coach: [Raymond Besems-Fagoe](#)





Michel Bakker

IT Project Manager



9

I had already taken the Relaxation Massage course from Anand Opleidingen, but the internship helped me to fine-tune my skills. A great instructor with a lot of knowledge. Thanks! 10 months ago

Coach: [Raymond Besems-Fagoe](#)



Monique Langelaa

Facility/office manager



9

"Another fantastic experience, the Classical Massage course. I learned a lot and I'm looking forward to putting it into practice. Thank you for all the clear explanations during the course." 10 months ago

Coach: [Raymond Besems-Fagoe](#)



Marleen Berkhout



9

"A very informative course, it's a complete package. After the internship, I really feel like I've mastered massage and can start working professionally. Thank you, Raymond!" 10 months ago

Coach: [Raymond Besems-Fagoe](#)





Katarzyna Klimas



9

"I had a great six-day internship. I learned a lot more, which was great. Now I have even more experience, and the internships really help me understand things even better."10 months ago

Coach: [Raymond Besems-Fagoe](#)



Koos



9

Great course. Varied. Lots of practical work with some theory thrown in. Clear explanations, including in the course materials. Good atmosphere, training sessions every other week, convenient for practicing and reviewing theory in between.
10 months ago

Coach: [Raymond Besems-Fagoe](#)





P de Wilde



9

"I was quite apprehensive about this, as I'm not very flexible myself (how am I going to get into all those poses?), but it was really easy and I found my way. This is another wonderful massage, where everything is addressed and there is wonderful stretching. A very nice feeling for all problem areas." -a year ago

Coach: [Raymond Besems-Fagoe](#) 



Yoël de Windt

Yoga teacher



10

"The Yoga Massage Course is a very interesting course. Everything is clearly explained in a relaxed atmosphere. The instructor has a lot of knowledge and experience, and you can tell." a year ago

Coach: [Raymond Besems-Fagoe](#) 



Bertine Pape

Masseur



9

The Acupressure program at Anand Opleidingen offers a wonderful, varied year of training. I thoroughly enjoyed the classes and internships. Raymond, thank you for teaching this program! a year ago

Coach: [Raymond Besems-Fagoe](#) 





Nicoline



10

As an intern, you have clear instructions and an important role. It adds an extra dimension to the learning curve of becoming a massage therapist. It's really great, of course, and thank you so much for everything![a year ago](#)

Coach: [Raymond Besems-Fagoe](#)



Joey Kardux

Terminal operator



8

The Reiki master course from Anand Opleidingen is taught in a pleasant setting. The explanations by instructor Raymond Besems are very calming. It's clear that he's an experienced teacher.[a year ago](#)

Coach: [Raymond Besems-Fagoe](#)



Elaine Beek

Pension specialist



8

The Reiki Master course from Anand Opleidingen is very educational. It's a pleasant experience. There's a good energy. It's a shame it's the last day with this group of students.[a year ago](#)

Coach: [Raymond Besems-Fagoe](#)





Crispijn Jansen

Self-employed



9

"Pleasant structure, very clear guidance during the Reiki Master course. Today, your 'subtitles' for what you choose and why you do it were especially beautiful. Thank you for giving me the opportunity to learn." [a year ago](#)

Coach: [Raymond Besems-Fagoe](#) 



Otto



8

Receiving the attunement with the entire group during the Reiki Master course is highly recommended. Practicing attunements 1, 2, and 3 provides feedback compared to practicing attunement number 1 alone. [a year ago](#)

Coach: [Raymond Besems-Fagoe](#) 



Antoinette H

Lecturer



9

Reiki 3 has enriched me in feeling and experiencing the power of life energy, allowing me to pass it on. And on the way to my Reiki master through Anand, this has given me much inner peace and compassion. Thank you, Raymond. [a year ago](#)

Coach: [Raymond Besems-Fagoe](#) 





Tanja Ursem

Account Manager



9

"There was a pleasant atmosphere in the group during the Reike master training. I had a pleasant introduction. The instructor gave calm explanations, but also provided some moments for self-reflection." [a year ago](#)

Coach: [Raymond Besems-Fagoe](#)



Petra Soester



9

"A great meditation course day. The explanation was good, and the exercises were enjoyable. Plenty of tools and tips to integrate this into my daily life. The atmosphere and energy of the group were also very pleasant. I'm going home with a warm feeling." [a year ago](#)

Coach: [Raymond Besems-Fagoe](#)



Anneke Hartog

Actuary



8

I took the Classical Massage course from Anand Opleidingen on November 25, 2023. I found it informative and the atmosphere was good. Sometimes, they took a lot of time to answer certain questions. [a year ago](#)

Coach: [Raymond Besems-Fagoe](#)





Joey Kardux
Terminal operator

★★★★★

8

I think the chakra massage course from Anand Opleidingen, given on November 26, 2023, was a very good course. Raymond Besems was the instructor, and I thought this trainer provided good guidance.[a year ago](#)

Coach: [Raymond Besems-Fagoe](#) 



nds → [Engels](#) ▼



Brenda ten veen

★★★★★

9

Wonderful, a moment in the here and now. Clear, calm, room for questions, keeps an eye on students, asks if they are getting through, etc. I experienced it as a beautiful, pleasant, educational and peaceful day.[a year ago](#)

Coach: [Raymond Besems-Fagoe](#) 





Ashleigh
Office manager

★★★★★

9

"I found the Relaxation Massage training program at Anand Opleidingen a great experience as an intern. By taking this course, I've just answered the last few questions about the relaxation massage course."[a year ago](#)

Coach: [Raymond Besems-Fagoe](#) 





Shirley Kodaar



8

"I found the Relaxation Massage course from Anand Opleidingen, taught by Raymond Besems, very informative. I found the posture techniques a bit more challenging. But all in all, I really enjoyed this course." -a year ago

Coach: [Raymond Besems-Fagoe](#) 



Yogeshwaran Giovindarajan



10

"I have done the Reiki 2 course at Anand Opleidingen. I am very happy to be part of this course. I am able to realize my energy (reiki) and heal myself. Course notes are really helpfull." -a year ago

Coach: [Raymond Besems-Fagoe](#) 



Valentina Lepore



10

I took the Reiki 2 course from Anand Opleidingen in October 2023. The course was taught by Raymond Besems. I'm thrilled that I was able to give myself this gift. Raymond teaches incredibly well.a year ago

Coach: [Raymond Besems-Fagoe](#) 





Otto



10

I took the Reiki 2 course from Anand Opleidingen in October 2023. The course was taught by Raymond Besems. It was a great addition to Reiki 1. Despite the size of the group, there were plenty of opportunities to practice with the symbols I had just learned.
a year ago

Coach: [Raymond Besems-Fagoe](#)



Joey Kardux



9

I took the Reiki 2 course from Anand Opleidingen in October 2023. The course was taught by Raymond Besems. It was a very enjoyable day. I am glad I am taking this course at Anand Opleidingen.
a year ago

Coach: [Raymond Besems-Fagoe](#)



Tanja Ursem



8

I took the Reiki 2 course from Anand Opleidingen. It was a pleasant training day in a nice and quiet space. It was also great to see so many students, who also inspire you to take other courses.
a year ago

Coach: [Raymond Besems-Fagoe](#)





Elaine Beek



8

I took the Reiki 2 course at Anand opleidingen. The course was taught by Raymond Besems. The course day felt very warm and inviting. Taking the course has brought me many wonderful things. Thank you, Raymond.[a year ago](#)

Coach: [Raymond Besems-Fagoe](#) 



Carmita Timmermans

Official



9

"I really enjoyed the Relaxation Massage course. The material was explained calmly. Because of that, I learned a lot in a short time. There was a good atmosphere in the group."[a year ago](#)

Coach: [Raymond Besems-Fagoe](#) 



Machteld

Nurse



9

I found the Relaxation Massage course from Anand Opleidingen a great course to take. Good explanation and guidance from Raymond Besems. Structured but with plenty of room for questions, experiences, and/or additions.[a year ago](#)

Coach: [Raymond Besems-Fagoe](#) 





Tom



8

On October 14, 2023, I took the Relaxation Massage course at Anand Opleidingen. The course was taught by Raymond Besems. He provided good explanations during the course. The facilities could be a bit better.[a year ago](#)

Coach: [Raymond Besems-Fagoe](#)



Anneke Hartog



8

"The Anand Opleidingen relaxation massage course had a wonderful atmosphere. I learned a lot. The location was great, and the group size was also good."[a year ago](#)

Coach: [Raymond Besems-Fagoe](#)



Petra Soester



8

A beautiful and intense day with a group of wonderful people. Today I learned how to get closer to my feelings through exercises that you can use at any time and in any situation.[2 years ago](#)

Coach: [Raymond Besems-Fagoe](#)





Tovik Attaibi

Educational caretaker



8

"I attended the Intuitive Development course at Anand Opleidingen in Zaandam on September 29th. The course was given by Raymond Besems. I thought it was a very good training. Thank you." 2 years ago

Coach: [Raymond Besems-Fagoe](#)



Sandra

Self-employed



8

The course was enjoyable and educational. All aspects of the massage were explained step by step. There was plenty of time to practice on each other. I would have appreciated a refresher day for the exam. 2 years ago

Coach: [Raymond Besems-Fagoe](#)



Natalie van Dijk

Self-employed



9

The Reiki 1 course from Anand Opleidingen is a pleasant one. Raymond is a great teacher, and the students were nice to have. There was a good atmosphere and the guidance was excellent. 2 years ago

Coach: [Raymond Besems-Fagoe](#)





Elena Antiping

R&D assistant



10

During the Relaxation Massage course at Anand Opleidingen, I encountered a very good instructor. He explained things well, and there was a relaxed atmosphere in the group. I would definitely recommend the course. 2 years ago

Coach: [Raymond Besems-Fagoe](#) 



P de Wilde

Independent



10

What a wonderful day again! And a good balance between theory and practice. It was great to hear so much about the background and to have experienced all the different forms of meditation. And, as always, in a pleasant, safe atmosphere. 2 years ago

Coach: [Raymond Besems-Fagoe](#) 



André Koppies

Manager



9

"A great way to get acquainted with all sorts of different forms of meditation. It was a warm day, and it gets a bit hot. Raymond explains it really well and uses helpful exercises." 2 years ago

Coach: [Raymond Besems-Fagoe](#) 





Wim Mollers



8

The Anand Opleidingen meditation course, taught by Raymond Besems, is a fun and accessible way to get acquainted with different types of meditation. The course was a valuable addition. 2 years ago

Coach: [Raymond Besems-Fagoe](#)



Jacqueline Otter

Masseur



9

"I really enjoyed the Anand Opleidingen meditation course, taught by Raymond Besems, again. The explanations were excellent and I was surrounded by a pleasant group of fellow students." 2 years ago

Coach: [Raymond Besems-Fagoe](#)



Annette Besseling

Rental employee



8

The Holistic Pulsing course, from Anand Opleidingen, is once again a pleasant and educational course. I learned a lot in a short time. In terms of massage form, but also in terms of relaxation and finding myself. 2 years ago

Coach: [Raymond Besems-Fagoe](#)





Marc Beaugendre

Masseur



10

ands → [Engels](#) ▼

Nice atmosphere, time to answer questions. Very nice." -2 years ago

Coach: [Raymond Besems-Fagoe](#)



Henriette Volmer

Masseur



9

Holistic pulsing is a wonderful technique for complete relaxation and reconnecting with your inner strength. The course was a great group of people, and Raymond Besems is a great instructor.2 years ago

Coach: [Raymond Besems-Fagoe](#)



Petra Soester



9

After the relaxation massage, I've now also completed the classical massage. A great course. The course is well-structured, showing how to combine relaxation and classical massage. The explanations are clear, and there's always a pleasant atmosphere with Anand. I'm looking forward to the next course!2 years ago

Coach: [Raymond Besems-Fagoe](#)





Justine de Korte

Aid worker



8

I really enjoyed this form of massage, especially the energetic, intuitive aspect. It was nice to have time for deepening and practicing during the six days. Ayurveda feels so extensive in terms of knowledge that I don't see myself working with constitution/pakruti tests just yet. 2 years ago

Coach: [Raymond Besems-Fagoe](#)



Jacqueline Otter

Masseur



8

The Ayurvedic massage course from Anand Opleidingen is a wonderful experience; the massage is both intense and relaxing. It's great fun to make your own oil. It's a lovely group with excellent guidance. 2 years ago

Coach: [Raymond Besems-Fagoe](#)



Pamela Driessen

Yoga teacher



9

The Ayurvedic massage course from Anand Opleidingen is a wonderful course. Well-structured, fantastic, safe atmosphere. Just enough theory to delve deeper. Now I'm curious about more Ayurveda. Thank you, Raymond. 2 years ago

Coach: [Raymond Besems-Fagoe](#)





Nanda Beentjes

Day care supervisor



9

The Ayurvedic massage course from Anand Opleidingen is a fantastic course with wonderful fellow students. It's been enriching to be introduced to the philosophy of Ayurveda. Thank you. 2 years ago

Coach: [Raymond Besems-Fagoe](#) 



André Koppies

Manager



9

The Ayurvedic massage course from Anand Opleidingen is a very enjoyable and comprehensive course. It was a great group, and the course was taught by a kind and knowledgeable teacher. 2 years ago

Coach: [Raymond Besems-Fagoe](#) 



Leonore



9

"I took another wonderful course through Anand Opleidingen, the Ayurvedic massage. It was very educational and involved a lot of hands-on practice. It was a great group. I'm looking forward to the next course." 2 years ago

Coach: [Raymond Besems-Fagoe](#) 





Angie Root

Alternative therapist



10

"A really great course, I learned a lot. Raymond is a professional and enthusiastic teacher who teaches you a wonderful and professional Ayurvedic massage in just a few days. Highly recommended for everyone." 2 years ago

Coach: [Raymond Besems-Fagoe](#)



Lilian van den Berg

Customer expert Greenwheels



8

"I received excellent, clear explanations. Despite the large group, I still received personal attention. It was enriching for my personal life, although I took this course to put it into practice at work, with my colleagues." 2 years ago

Coach: [Raymond Besems-Fagoe](#)



Debby Jenree

Chiropractic assistant



9

The Anand Opleidingen Chair Massage Course, taught by Raymond Besems, is well-structured, with plenty of attention to each component, clear explanations, ample guidance, plenty of opportunity to ask questions, and good extras/adjustments. Thank you! 2 years ago

Coach: [Raymond Besems-Fagoe](#)





Tanja Ursem



8

"It was a wonderful experience to receive Reiki 1 this way. Despite the large group, I felt no discomfort at all. I'm looking forward to the next Reiki training." 2 years ago

Coach: [Raymond Besems-Fagoe](#)



Soleil van Vleuten

Healthcare worker



8

I really appreciated the fact that there was an attunement. I also found the day beautiful, complete with lots of practical tools and tools to easily get started with self-healing. It was also very nice that some of the teaching of Reiki to someone else was already discussed. A nice stepping stone to Reiki 2. 2 years ago

Coach: [Raymond Besems-Fagoe](#)

