

CHRISTINE RAAB

PATIENT ADVOCATE

GERMANY (NEAR FRA.)

✉ KONTAKT@CHRISTINE-RAAB.DE



HI!

I'm Christine and I talk about my own cancer journey since 2014 on my YouTube Channel, my Blog and Social Media with a focus on integrative and supportive care.

I am the Founder, creator and instructor of the highly rated online course "Yoga for Cancer Patients in German."

● RELEVANT TRAININGS & CERTIFICATIONS

- **2025** Patient Advocate Basic Training by Europa Donna
Europa Donna, Milan (IT)
- **since 2016** several Yoga Teacher + Yogatherapy Trainings
Gül Ruijter, Nadine Zoll, Gaby Kammler, etc.

● ADVOCACY & PUBLIC WORK

- **Since 2014** Sharing personal cancer journey through Blog, YouTube & Social Media
- **Since 2018** Creator of the online course "Besser leben mit und nach Krebs" (a Yoga online course for cancer patients)
- **Since 2025** Podcast Co-Host "Onko & OM"
- Regularly featured in newspapers, magazines (e.g. Closer, Freizeit Revue) and TV (RTL Punkt 12)
- Invited speaker at national events (e.g. German Cancer Society, Berlin, on "Cancer and Self-employment")
- Collaborated with medical brands (e.g. compression garment companies) – incl. YouTube video on lymph drainage exercises
- Interview guest on cancer, yoga, and integrative health topics
- Active member of cancer support communities and patient networks
- Active participant in several cancer conferences

PROFILE

Cancer Patient since 2014
(Breastcancer 2014, MBC 2022)

Certified Yogateacher 600+h (also especially for Cancer Patients)

Podcast Host, Blogger, YouTuber

Patient Advocate

ONLINE ACTIVITIES

Podcast Host "Onko & OM"

YouTube Channel "Christine Raab"

Social Media & Blog

LANGUAGE

🇩🇪 German: native

🇬🇧 English: B2-C1 Niveau

CONTACT & SOCIAL MEDIA

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🎙️ Onko & OM