



Yoga and Meditation Instructor

Yoga is a huge part of my life and helps me with my health condition, so I have so much passion to teach to the public! I want to help others with the knowledge I have learnt in the past.

In the past, I went to Falmouth University to train in BA Hons Dance and Choreography.

After graduation, I completed a 500hr qualification with The British Wheel of Yoga to teach Yoga and Meditation.

Now I am a Trained Yoga and Meditation Teacher qualified in Hatha, Vinyasa, Chair Yoga, and Pregnancy Yoga.

Since I qualified from the British Wheel of Yoga course in 2019 I have continued my teaching because it is something I love to do and to know that I am helping other people is so rewarding.

I'm currently teaching all types of Yoga and just set up an Alternative Chair Yoga Posture class.

At the moment, I teach face-to-face sessions, mobile classes, and teach online courses to people who suffer from health conditions like myself.



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Services

No Services

Events

No Events

Activities

No Activities