



PAST TRAINING, RESEARCH & CONTINUING PROFESSIONAL DEVELOPMENT

My Yoga training includes 200 Hours Hatha through the Yoga Institute, Mumbai, India, 200 Hours Classical Yoga School Ashtanga (certified with Yoga Alliance) as well as a teacher training programme with Edinburgh Community Yoga in The Fundamentals of Outreach and Yoga Therapy.

I've also completed Ourmala Teacher Training through a Yoga charity for Refugees and asylum seekers across the UK which explores a trauma-informed approach to yoga for those in need.

RESEARCH & PROJECTS

PRISON YOGA MATTERS: EMBODIED EXPERIENCES OF INCARCERATION (2017-18)

A 12-month pilot funded by the University of St Andrews which offered yoga to ex-prisoners in a therapeutic capacity, supported by sharing circles where personal experiences of incarceration were recalled and voiced. The outcomes of this project were published and presented at Creating the Future Conference hosted by York University (2017)

THE PALACE CREATIVE RESIDENCY, GORZANOW, POLAND (2020)

Collaborated with musicians and experienced movement therapists offering a variety of workshops where students were led through restorative healing sessions focusing on the therapeutic value of working creatively with sound.

OTHER CPD EXPERIENCES

Compassion: East Meets West

13 CPD hours with Lama Yeshe Losal Rinpoche and Prof. Paul Gilbert - Same Ling

Insights on Yoga Therapy- Krishnamacharya Yoga Mandiram (KYM) Tradition of Yoga (July 2019)
2-day workshop for yoga teachers exploring the work of KYM and specifically their approach to yoga therapy through detailed case studies and practical sessions

Expanding Our Awareness as a Teacher (November 2018)

Ran by Emily-Clare Yoga & facilitated by Ministry of Yoga in Lisbon, Portugal

Thai Massage for Yoga Teachers (April 2018)

8 Hours training with Sarah Urquhart-Taylor (Lothian Massage) in Scotland

Kaivalyadhama (January 2014, Pune, India)

1 week residential at yogic hospital and research centre shadowing Ayurvedic treatment sessions, attending lectures and observing yoga therapy classes at the centre

Sue Wood

A course in seasonal Yin

Studio Teaching Experience and Retreats

Oncore London (2020)

Weekly yin, restorative, ashtanga and flow classes

Nuffield Health (February-September 2019, Scotland)

Run regular classes and workshops at various Nuffield health centres

Tribe Yoga (February-September 2019, Scotland)

Regular classes for Tribe in Edinburgh, a business operating from three studios across the city (restorative, yin, power, vinyasa and Tribe 24)

Antalya Retreat (2018, Turkey)

Attended and taught for Madira Gregurek (NomadYoga) on her annual 7-day retreat running in Antalya, Turkey

Assembly Festival (Edinburgh Fringe 2012 - 2016, seasonal)

Supporting the Assembly Festival over several seasons as their principal yoga teacher, offering private and group tailored sessions to members

Nice Way Surf Hostel, Cascais (Winter season 2018, Portugal)

In house yoga teacher for guests and staff at the NiceWay Cascais branch, focusing on specialist sequences to support surfers

Ministry of Yoga (November-December 2018, Lisbon)

Providing relief work at Lisbon's Ministry of Yoga, Ashtanga (Led and Mysore), flow and yin

Saints Sports Centre (2014-2018, Scotland)

Regular weekly classes (Yoga for All levels)

Hot House Yoga St Andrews (2016-2018, Scotland)

Regular weekly classes and workshops Vinyasa Flow, Hot Yoga and Yin workshops

The View Studio St Andrews (2014-2018, Scotland)

Regular weekly classes and monthly 2-hour workshops (including Beginners Ashtanga, Vinyasa Flow and Inversions workshops)