

GIVE YOGA WORKSHOP LEADERS AND THEIR WORK

Flo Lam-Clark

I am a yoga and meditation teacher, sound healer and practitioner in the healing arts, based in London. I have been practising healing bodywork modalities for over 20 years and I absolutely love it!

My passion is deep and my mission is to spread peace and calm. I teach Vinyasa Flow, Hot Tapasya Yoga, Restorative Yoga, Pranayama and Meditation classes and regular Meditation & Sound Healing Workshops in London.

www.florentinalamclark.com

Antonia Maguire.

Naturopathic Nutritional Therapist and Health Coach. In 2003, I was lucky enough to be able to switch careers and follow my heart into the world of Natural Health - Iridology, Acupressure Massage, Reflexology, Thai Yoga Massage and then finally Nutritional Therapy, in which I finally qualified in 2011. It's my mission in life to keep up to date, stay healthy myself and help others find the best ways for themselves too.

www.antoniamaguire.com

Sarah Priestley

Sarah has been teaching yoga in Scarborough and at various festivals for over 20 years and is passionate about helping all bodies live with freedom and ease on all levels.

In her classes you will learn simple easy practices that are deceptively powerful, deep and transformative. She is running a workshop with Hanna Somatics to relieve chronic tension and pain -

Our muscles can become 'stuck' in the 'On position' 24/7 continually commanded to tighten, due to the brains response to stress. Come and reset the body to restore freedom of movement without pain.

Dirish Shaktidas

Dirish is a London based yoga teacher, immersed in the world of holistic healing. Internationally trained by world renowned teachers, he has been practicing yoga and meditation for over 10 years.

'ENERGIZE, ACTUALIZE CHAKRASIZE YOUR LIFE!' is a Dirish Mantra

Having grown up within a Hindu household with sacred mantras, Dirish combines his deep knowledge of movement, mindful meditation and sound. With his unique blend of Shakti Dance, Yin Yoga and Eastern Philosophy, he creates an inspiring, dynamic and elevating setting.

www.Dirish.com

Rani Arduino

Rani offers 1-2-1 and class yoga that's open to all abilities, including **adults, children** and those with **special needs**. Rani's teaching are guided by the breath; synchronized with movement - and her style is a fusion of classic Hatha, Vinyasa, breathing exercises, meditation and relaxation. Mindfulness - which is observing the breath and body - is integral to Rani yoga. The intention is to gently stimulate, relax and rejuvenate the body, calm the mind and connect to the body.

Rani's desire is to inspire everyone who comes to practice to gather strength, determination and courage to go beyond their own boundaries and limitations.

<https://www.rani-yoga.com/>

Sally Picklechin

Sally has been teaching Yoga for 20 years, her style over the years has evolved from Hatha Yoga and she now teaches by channeling Scaravelli and Yin vibes and teachings, creating a practice that meets the body and mind where it is today, taking into account any injury or illness to be able to modify a practice to suit the individual Yogi. Her favourite place to teach Yoga is at festivals and she is very much looking forward to meeting you at Give.

Jeanette Karlsson, (Sweden) has a background in competitive martial arts and insight meditation. She lived in Brighton (1996-2014) and taught Scaravelli inspired

yoga at festivals. Her teaching style is playfully creative and nonstriving. She trained to teach with students of Sandra Sabathini in London (2001-2003).

Through simple yoga asanas, you are invited to explore freeing the body and breath of tensions, while cultivating a kind awareness. Resting deeply, you listen to the effects of gravity and the breath on your centre. This way, love moves in and through.



Zuleika Knowles

My practise is a slow and meditative flow, incorporating some more dynamic sequences with longer held yin postures and some breathe-work. The aim of my classes is to balance movement and stillness in your body to create a sense of peace and connection. I recently completed my teacher training in Gokarna, south India where I was trained in multi style yoga . My classes are accessible for beginners.

Natalie Preston

Natalie's teaching is shaped by a growing spectrum of knowledge taken from various traditions; Hatha Yoga, Iyengar and the lineages of Vanda Scaravelli. The sessions are exploratory and varied, both energising and restful, and offer time to work with one's unique self. The common thread in the work is to dive into the feeling of it, and to trust in letting go of unnecessary tension. Time is spent working with the ground, organising the body well, creating pliability in the tissues and space in the joints in order to move and breathe more freely.

After a connecting deeply in India in the 90s. Natalie started teaching in London in 2000. Her journey began with Hatha Yoga and Vipassana Meditation. She was struck by how the power of the practice awakens us to the experience of 'Now', can dissolve held patterns from the past, and makes us feel great! Her scoliotic pattern led her to a deep study of Iyengar Yoga in order to find useful ways to work with her body and she trained with senior/advanced teachers within that school for 25 years. More recently she studied 'Myofascial Movement' anatomy with Gary Carter (leading expert in fascial research). Natalie is appreciated for her care in making the practice therapeutic, appropriate and accessible to all.

Vanessa Buxton

Vanessa sees yoga as 'Meditation in Movement'. Her yoga is a strong, slow, flow. The Astanga of her youth was overlaid by Iyengar detail, and the spirit of her Sivananda

teacher, Naryani. She was lucky to find the great Clive Sheridan in 1997, simultaneous with the explosion of Kimberley into her life. 25 years of following Clive, was coupled with a teacher training in 2000.

Ness teaches as part of her own spiritual path to inspire herself, and share the peace of mind which always comes with yoga, alongside strength and flexibility in the body. In 2019, a teacher training in Shakti Dance (The Path to Enlightenment through Dance) has added chanting with rhythm and dance to her practice.

