

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

Helen Noakes

Helen is a nomadic yoga teacher inspired by the teachings and students of Vanda Scaravelli. Helen also offers trainings in Chavutti Thirumal (massage by foot pressure), which has a strong influence on her teaching

Goa has been Helen's second home for many years, as well as enjoying leading yoga seminars, teacher trainings and intensives in Europe, India, USA and Scandinavia. She is passionate about spontaneous, intuitive movement in the form of waves and spirals and includes her love of ecstatic dance into her teaching.

Helen's aim is to invite a lightness of being and joy to our movement practice and to encourage others to listen and respond to their intuition. Scaravelli-inspired yoga has no methods or set sequences. This approach encourages the practitioner to create a strong relationship to the ground, the breath and to awakening the spine.

<http://www.helennoakes.net>

Ash Bond – YIN & TONIC WITH ASH

Yin Yoga is a deep and powerful practice where you relax into postures to find space in the body. Ash will guide you to find space in the mind. Yin Yoga is for all levels. 'If you have a body and can breathe you are welcome to Ash's classes.

Ash is a Senior Level Teacher having taught all over the world for 25+ years, including 10 years living in India. Ash delivers the class in a light and playful way. This class is just the tonic!!

Kate Comer

Katie's interest in yoga grew from her study of Eastern philosophy as part of her degree and several extended trips to India. It was when she started to practise yoga regularly, that her passion grew and it drives her journey as both teacher and student. Drawn to a variety of yoga practices, she's been fortunate enough to study under some of the most inspiring teachers and feels blessed to teach all ages (including children) and abilities, hatha, open, yin, nidra, meditation, gentle, hot, restorative yoga and pre and postnatal yoga. She believes teaching is all about connection and unity, lightness and playfulness as well as a strong focus on breath and alignment, encouraging her students to really be their own teachers, to really listen to their own bodies needs and to practise with kindness and integrity in a safe, all inclusive non-competitive environment.

www.katecomer.co.uk 07881 504070

Jo Walter

Jo is a Certified Iyengar teacher. She has been practicing Yoga since 1996, starting with a 10 day Vipassana meditation in Nepal, followed by a devoted Ashtanga Vinyassa practice which led to her first teacher training with Pattabhi Jois's nephew Vishwanath in 2003 – a wonderful full time 3 month intensive in Bangalore India.

She then had the great fortune to do the last full time 9-month teacher training with Louisa Sear's Yoga Arts in Byron Bay Australia. Following this, she started teaching Yoga professionally in 2005. During the teacher training, she met her teacher Clive Sheridan whose experience and knowledge of Yoga is truly outstanding, teaching his unique blend of Hatha Yoga, Advaita Vedanta and Tantra. Jo has also been very lucky to be Clive's assistant on a couple of his retreats. In 2005, she also met her Iyengar teachers, Glen and Margaret Ceresoli, who she has spent 12 years training with. She is now a Certified Iyengar teacher.

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Matt Sherratt

Matt Sherratt is a sculptor who finds yoga deeply inspires his practice.

The Space Between Breaths - A contemplative practice combining the Tibetan Five Rites, breathwork, meditation and mindful movement. Through a balance of standing and seated postures, we explore energy, stillness and awareness, creating space to reconnect with ourselves. The class encourages a deeper sensitivity to breath, body and presence, cultivating clarity, vitality and a sense of inner balance. This is not simply exercise, but an opportunity to pause, attend, and discover the quiet space from which movement and awareness arise. Designed to recharge and reset your wkend.

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. 29 years of following Clive (Teacher of teachers) is coupled with a teacher training in 2000.

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

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