



# sarah greenall yoga cv

www.sarahgreenall.com

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Hi, I'm Sarah and I teach in a warm, friendly and accessible manner bringing energy, enthusiasm and fun to my teaching. I teach classic Hatha Yoga with an emphasis on the breath, correct alignment, mindfulness and relaxation, providing a safe space to stretch, breathe and relax. I teach Gentle, Chair and Mixed Level Yoga Classes as well as Meditation. I am also qualified to teach Yin Yoga, iRest® Yoga Nidra and Kids' Yoga.

## TEACHING EXPERIENCE

- I am an Experienced Yoga Teacher with over 2000 hours' teaching experience and CPD (continual professional development).
- I teach BEGINNERS YOGA; GENTLE YOGA; MIXED LEVEL YOGA and CHAIR YOGA.
- I also teach MEDITATION and YOGA NIDRA classes.
- I am experienced at teaching hybrid classes, teaching both to those in the room (based in SW London) and those on zoom.
- I teach group classes, corporate classes and private one-to-one classes. I also run annual 3-day Yoga Retreats.
- Please see my website [www.sarahgreenall.com](http://www.sarahgreenall.com) for testimonials.

## YOGA TRAINING & QUALIFICATIONS my yoga trainings include:

- Mar & Jul 21 teacher training with **Max Strom**
- Jan 2021 **Yin Yoga** teacher training with **Norman Blair** (40 hours)
- Oct 2020 **Yoga Sequencing** with **Jason Crandell** (20 hours)
- May 2020 **Pranayama Intensive** with **Judith Hanson-Lasater** (20 hours)
- May 2020 **Accessible Chair Yoga** with **Dina Cohen**
- Feb 2020 **iRest® Yoga Nidra** Level 1 training with **James Reeves** (5 day intensive)
- May 2019 **Origins of Alignment** training with **Donna Farhi** (5 day intensive)
- Nov 2018 **Teach Chakras** with **Swami Saradananda**
- Dec 2017 **Teach Meditation** with **Swami Saradananda** (171 hours)
- Aug 2017 **Yoga Bananas®** with **Skip Oliver**, teach children aged 3-11 (26 hrs)
- Dec 2015 **MBSR Mindfulness course** (6 weeks)
- Jun 2015 **200 hour Yoga Teacher Training** with **Yoga-Yoga** (18 months)
- Nov 2013 **Foundation Course** (British Wheel of Yoga) with **Yoga-Yoga** (6 months)



## OTHER NUGGETS OF INFORMATION

- I have a degree in Graphic Design and had a successful career in Publishing.
- I am a Director of our family bakery business, started by my Grandfather in 1929.
- I am married with three teenage children.
- My interests include music, theatre, art, food, travel and I love being outdoors and taking photographs in nature.
- Each term I run a "Yoga for Charity" week. To date, I have raised nearly £10000.

