



# sarah greenall yoga cv

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Yoga gives us the space to stretch, breathe and relax enabling us to take time out and connect with our body, breath and mind. My intention is for my students to do just this and to leave my class feeling restored and rejuvenated, both physically and mentally. I teach classic Hatha Yoga with an emphasis on the breath, correct alignment, mindfulness and relaxation. I also teach Meditation. I teach in a warm, friendly, clear and accessible manner, teaching from the heart with passion, knowledge and love.

## ॐ YOGA TRAINING & QUALIFICATIONS

I attend regular yoga workshops to further my professional yoga learning. My teachers include the internationally renowned Donna Farhi, Swami Saradananda, Adelene Cheong and my own teacher and mentor Louise Cashin. Notable courses are as follows:

- May 2019 5 day intensive training "Origins of Alignment" with Donna Farhi
- Nov 2018 "Teach Chakras" with Swami Saradananda
- Sept-Dec 17 "Teach Meditation" Course with Swami Saradananda
- Aug 2016 Yoga Bananas Technique, qualified to teach yoga to children ages 3-11
- Dec 2015 MBSR Mindfulness Course
- Jan 2014-Jun 2015 Yoga Alliance Professionals 200 hour Teacher Training Course with Yoga-Yoga
- April-Nov 2013 British Wheel Foundation Course Level 1 with Yoga-Yoga



## ॐ TEACHING EXPERIENCE

I have over 1200 hours' teaching experience from teaching the following weekly classes: Beginners Yoga; Gentle Yoga; Improvers' Yoga; Mixed Level Yoga; Meditation and bespoke one-to-one classes. I organise and run annual yoga retreats. I also have experience in teaching seated Chair Yoga. **Please see my website for testimonials**



## ॐ OTHER NUGGETS OF INFORMATION

- I have a degree in Graphic Design and have had a career in Publishing.
- I am a Company Director of our family bakery business, which was started by my Grandfather in 1929.
- I have three teenage children.
- My interests include music, theatre, art, food, travel and the great outdoors.
- Each term, I run a "Yoga for Charity" week whereby I give all my class payments and extra donations to charity. To date, I have raised over £6300 for charity through my yoga teaching.

