



curriculum vitae



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Yoga gives you space to stretch, breathe and relax. As a teacher, I wish to take my students from a state of doing to one of being, allowing them to connect with themselves - with their body, breath and mind - and to leave my class feeling restored and rejuvenated, both physically and mentally. I teach classic Hatha Yoga with an emphasis on the breath, 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 TRAINING

I attend regular yoga workshops to further my learning and Continuing Professional Development. My teachers include the internationally renowned Swami Saradananda, Donna Farhi and Louise Cashin. My qualifications are as follows:

- June 2018 First Aid (renewed every 3 years)
- December 2017 Teach Meditation Course with Swami Saradananda
- August 2016 Yoga Bananas Technique, qualified to teach yoga to children
- December 2015 MBSR Mindfulness Course
- Jan 2014-Sept 2015 Yoga Alliance Professional 200 hour Teacher Training Course
- April-Nov 2013 British Wheel Foundation Course Level 1

ॐ TEACHING EXPERIENCE

- June 2014 to present I teach the following weekly yoga classes: Gentle Yoga; Improvers' Yoga and Mixed Level Yoga. I also teach a 10 week Beginners Yoga Course and a 6 week Learn to Meditate Course. I also teach small private classes including one to one clients.
- Please see my website www.sarahgreenall.com for testimonials of my teaching.

ॐ OTHER QUALIFICATIONS, INTERESTS AND 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 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, alternating between The Royal Marsden Cancer Charity and Action Breaks Silence.

