



Namashanti Yoga

My Journey so far

I have practised Yoga on and off for 17 years. When I moved out of London in 1997 for a healthier lifestyle and into Bedfordshire I was lucky enough to find the Yoga for Health Foundation in the village of Ickwellbury, where I practised regularly for 3 years including through 2 pregnancies. This is where I truly found my love of Yoga, but in those days, never dreamed that I one day would be teaching it myself

I had a successful Mobile Hairdressing Business in London but the travelling back and forth every day was starting to take its toll, a change of direction was needed. The instructor at the step class I attended said to me one day 'You should be an instructor, you have a really good technique'. This remark stayed with me (so did the smile on my face), I had always been a sporty person, National Championships as a school girl in athletics, a few years at bodybuilding in my early 20's and then onto fitness classes in the mid 90's – it sort of became obvious what I should be doing and I decided to investigate the prospects of becoming a 'Fitness Instructor' and in 1998 qualified in the basic level 2 Exercise to Music (ETM)17 years later and I am a qualified British School of Yoga, Hatha Yoga Teacher with Distinction.

During my 30's I enjoyed the high tempo/high impact classes, I qualified in Step, Les Mills Body Pump, Combat & lastly in 2006 Body Balance. Once again my love of Yoga returned. Body Combat turned to Wado Ryu where I achieved Student of the Year after 2 years and a Brown belt with 1 stripe. Everyone seemed to love Body Pump & I pumped it hard for 15 years, then Les Mills started to pump it harder, my love of it was diminishing, I wanted to focus more on the Body Balance, I was so tight, I couldn't touch my toes, lift my arms up straight, I had a bad back, an existing whiplash injury and weak core muscles, the adrenalin rush of 'push it to the limit' exercise I know longer felt, I wanted and needed a more holistic approach to exercise and health in general.

So I'm teaching Body Balance, that's Yoga!, but what I would call a modern version, fitness yoga even. So, all I

have to do is drop the fitness side of it & in 2013 embarked on my journey to become a Hatha Yoga Teacher. I loved the BSY course and learn't so much more about the human body and it's systems, but what was more apparent and more important was how it hit home on what Yoga really is about & what it can actually do. 'It massages' all the body systems so they work together in harmony'

My personal philosophy and approach to Yoga is to take my time', I have noticed the changes over the last 3 years, but the real changes didn't start till I gave up all weight training in April 2015. Because my muscles were so tight it has taken a lot of work & commitment to rid my body of the physical tension – but I'm getting there. I successfully live with a slipped disc in my neck & 90% of time am pain free – Yoga does this for me. I work 'with' the mind & body, I do not try to force myself into Asana's that I clearly cannot do, but sometimes, just like ordinary people I can also have a mind block. I have chosen Yoga as a lifestyle, I try to be as Green as possible & kind where I can, sometimes difficult in today's society where most people are in a rush, want instant results & stress levels are high. I endeavour to be conscientious & to be a better person. Yoga has certainly helped me train myself to be calmer & to be more positive, for me, it is the apple a day I require to keep the doctor away.

The name Namashanti was born when I realised I greeted people with 'Namaste & Shanti' the words just rolled off my tongue & one day it just popped in there 'Namashanti' .

Namaste means 'The divine in me honours the divine in you' & Shanti means 'Peace'

Namashanti