



Cathy has been practicing yoga since 2004 and teaching since 2012. She is a 500 hour British Wheel of Yoga certified teacher, is qualified to teach Children's Yoga and Mindfulness and is also a Thai Yoga Massage Therapist.

'I started teaching yoga alongside my full-time job but as my passion for yoga grew so did my classes so that eventually I went part time and ultimately in 2015 I gave up working to concentrate full time on teaching yoga.

Fast-forward 3 years and I now have my own studio offering different styles of yoga and with a choice of different teachers in a bid to bring yoga more into the mainstream and spread my love of it and its health-giving benefits, both mental and physical.

Yoga has brought so many positive changes (and people) into my life and the lessons learnt on the mat are invaluable when faced with the realities of day to day living. The beauty of yoga is that it has something for everyone with age, level of fitness and abilities mattering not a bit.'