



CLAIRE WHALLEY

A restorative Yoga Teacher who believes in getting outside into Nature and the fresh air as much as possible.



WHERE AND WHEN DID YOU TRAIN?

I trained at Yoga Campus in London in 2014.

WHY DID YOU TAKE UP YOGA?

I discovered the life enhancing, mental and physical health benefits and decided I would like to share these with others.

I also specialised in working with teenagers and in due course different health conditions including cancer; Long COVID, ME, autoimmune conditions, mental health issues and back problems.

WHAT LED YOU TO BECOME A TEACHER?

I had an experience with a friend who fell ill with a brain tumour - I used to take her to yoga for cancer classes and when she could no longer move well, I gave her breathing and visualisation techniques.

Students find ways of healing the body and the mind. I use a lot of breathwork, meditation, mindful and somatic movement in my classes alongside more classical hatha yoga, Iyengar, vinyasa flow techniques.

I have since started the Yoga for Life Project in London, a not for profit org aimed at increasing access to Yoga classes for all.

WHO DO YOU THINK YOUR TEACHING APPEALS TO? I hope my teaching appeals to everyone! I try to tailor my classes to those in the room, whether that's someone wanting an energising body and mind work out or building, rehabilitation after injury etc etc) I specialise in working with people living with cancer; long COVID, ME, fatigue and burn out, mental health conditions, rehab from physical injury and surgery.

WHAT DO YOU BELIEVE ARE THE GREATEST BENEFITS OF YOGA AND HOW HAVE THEY IMPACTED ON YOUR LIFE? They are to take you out of the chitter chatter of your day to day life, home to your true self - a place where all is well, a place of gratitude, love and forgiveness. It enables you to renew your energy and live life to the full again and perhaps a more meaningful life

IF YOU WOULD LIKE TO JOIN ONE OF CLAIRE'S RETREATS AT TIPTOE YOGA, PLEASE CONTACT HER BY EMAIL:

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