



ABI BARBER

VINYASA FLOW | SLOW FLOW | YIN YOGA | MEDITATION

www.abibiyoga.co.uk

I believe that yoga can help offset the hectic nature of our everyday lives and equip us to be stronger, more resilient, healthier and happier. It allows us to find our own place, to develop self awareness and focus, and to connect to our communities.

I am a keen runner, cyclist and skier and a true advocate for the positive impact of all kinds of movement on body and mind, having experienced this first hand.

I have a wealth of experience teaching different groups and individuals in a variety of settings and I bring my warmth and enthusiasm to everything I offer.

TEACHING EXPERIENCE

Urban Yogis team member, teaching yoga to young people in schools and community settings
Bespoke private sessions, often working in partnership with charities such as A Mile in Her Shoes and the Carers' Network

Open public classes, both online and in person

Gymbox team member

Teacher trainer for YogaLondon 200hr courses

Various one off / specialist events such as providing content for a student support app at LSBSU; two self-care days for NHS City & Hackney CCG; and sessions during a back care awareness week at the Royal Brompton Hospital

QUALIFICATIONS & TRAINING

- E-RYT500 - YogaLondon (Yoga Alliance)
- Yin Yoga - Austin Ince
- Mental Health First
- Leadership in Running Fitness - England Athletics
- St John Ambulance First Aider
- First Aid at Work including use of AED
- Insured to teach through Wellbeing Insurance
- Understanding Mental Health First Aid and Mental Health Advocacy in the Workplace - CACHE
- Suicide Awareness - ZSA
- Healthy relationships - Tender UK
- Level 3 Award in Education and Training - TQUK
- Enhanced DBS

BEYOND YOGA

I run regularly and have completed several half marathons, four marathons and five ultramarathons. I am constantly surprised and delighted by the positive effect running and yoga have on each other.

I have studied and taught Taekwondo and am struck by the many similarities between this and yoga.

I am conversationally proficient in Japanese, German, French, Italian and British Sign Language.

I have taught English as a Foreign Language in Japan, Russia and Zambia. I love to travel - to experience other cultures and communities and to discover the many things that unite us over the miles.

I absolutely love food and if I'm not running or doing yoga, I spend my free time cooking and eating.



Find me on instagram, facebook and twitter @abibiyoga