

PROFESSIONAL ASSOCIATION MEMBER

Yoga Australia
Bowtech
Yoga Scotland
The Bowen Association UK
The British Wheel of Yoga

QUALIFICATIONS

BOWEN THERAPY

Adv Practitioner/SBP2 Cert (2015)
Dip in Bowen Therapy (2010)
Cert IV (2009)

MASSAGE

SHBBSPA003 provide stone massages (2020)
Diploma in seated acupressure massage (1998)
Cert in sports & remedial massage (1997)
Dip in clinical aromatherapy (1994)
Diploma in body therapy - IA(1993)
Diploma in body therapy – Mary Reid (1993)
Physiatrics diploma- ITEC (1993)

YOGA

Level 1 gentle somatic yoga instructor (2019)
Level 2 (500 hr) yoga teacher (2017-2023)

PILATES

Studio Pilates International - Mat Pilates level 1 instructor (2023)

CONTINUING PROFESSIONAL DEVELOPMENT/EDUCATION

Allens Training First aid, Australia (2023)
Yoga for seniors – Yoga Therapy Institute, Australia (2022)
IYTA chair yoga for seniors, Australia (2021)
The art of teaching by Donna Farhi (2021)
Body reading 101 with Tom Myers (2020)
SIJ workshop - Donna Farhi, Australia (2019)
4-day yin training at The Byron Yoga Centre (2019)
4-day Lizzie Lasater restorative yoga training, (2018)
20-hour savasana intensive - Judith Hanson Lasater (2018)
Yoga asana fundamentals, yoga for back care + yoga for anxiety, stress & depression – Flo Fenton (2017)
Bowen revision modules (2014-2017)
Mind Body Bowen (2014)