



# ABI BARBER

VINYASA FLOW | YOGA FOR RUNNERS | RESTORATIVE YOGA

[www.abibiyoga.co.uk](http://www.abibiyoga.co.uk)

I believe that yoga can help offset the often hectic nature of living in the 21st century, and equip our bodies and minds to be stronger, more efficient, healthier and happier. I am a keen runner and I'm fascinated by the positive impact yoga and running can have on each other.

I have a background in museum education, which has given me excellent communication and organisation skills, making me an effective and engaging teacher.

## QUALIFICATIONS & TRAINING

- Currently undertaking 500 hour YTT with YogaLondon, Modules completed include 100 hour apprentice mentored by Jonathan Thompson
- RYT 200 - YogaLondon (Yoga Alliance accredited)
- Leadership in Running Fitness - England Athletics
- REPs Level 3

First Aid at Work including use of AED  
Enhanced DBS  
Insured to teach through Yoga Link

## TEACHING EXPERIENCE

Teacher training

- YogaLondon 200hr course teacher

Group classes

- Yogis Ealing
- Pilates Body Shape
- Ten Health and Fitness
- Clifford Studios
- Earthlife Kew
- Tribeca Studios

Private / corporate classes

- Victory Health and Performance - physiotherapy and musculoskeletal rehabilitation clinic
- Corporate sessions in the workplace with Creative Wellness and Return to Glory
- Private individual classes, London

## BEYOND YOGA

I run regularly and have completed several half marathons, four marathons (more still to come!) and a 50km ultramarathon. 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 martial art 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

