

Academic Education

- PhD Biology, University of York (2004)
- MSc Environmental Science, University of London, Birkbeck (2000)
- BSc Marine & Environmental Biology (1996), St Andrews University

Movement Certification

- Nutritious Movement® (2013) 200 hr certified restorative exercise specialist – CPT
- Heart & Bones Yoga (2020) 200 hr yoga teacher training
- Restore Your Core® (2022) 200 hr Restore Your Core teacher training.

Additional Training & Experience

Nutritious Movement®

- Nutritious Movement® Healthy Foot Practitioner (2012)
- Teacher Training Intensives (2013, 2015, 2016)
- Nutritious Movement® Move Your DNA Workshop Instructor (2016)
- Staff for Nutritious Movement® supporting the director at UK workshops (2018-present)
- Advanced Diastasis Recti and Core training 13 hrs (2018)
- Advanced Hyperkyphosis Training 13 hrs (2019)
- Natural Movement Fundamentals with Nutritious Movement® MovNat (2019)
- Dynamic Aging Instructor (2019)
- Breathing Movements Materclass with Katy Bowman & Jill Miller (2023)

Yoga

- Yoga practice since 2005, beginning in the Iyengar tradition with Sally Ker, Bermuda (2005-2011)
- Heart & Bones Sustainable Yoga 2-day intensive (2017)
- Jules Mitchell: Science of Stretching (2017)
- Jules Mitchell: Beyond Yoga Alignment (2017)
- Inner Yoga Trust: Foundation course in Scaravelli-influenced yoga 60 hrs (2018)
- Heart & Bones Intensive on the Psoas (2018)
- Donna Farhi: Anatomy of a Centred Body – Resolving Structural Imbalances in the Body – the Psoas & the Cylinder of Support (2018)
- Leslie Howard: Find your Root: Yoga for Pelvic Floor Health (2018)
- Matthew Remski: 6 Critical Problems in Modern Yoga (2020)
- Theo Wildcroft: Post Lineage Yoga (2020)
- Theo Wildcroft & Nourish Yoga; Yoga Co-practice (2021)
- Jules Mitchell: Practice Collection (2022, 2023)

Lauren Ohayon & Restore Your Core®

- Restore your core online program (2017)
- Restore your core 2-day live workshop (May 2018)
- Floor to Core professional training with Lauren Ohayon & Gait Happens (2023)