Yoga Teacher Trainings as a Student
2009 Yoga Arts Vinyasa Yoga Teacher Training (200hr)
2010 Pregnancy yoga teacher training with Uma Dinsmore Tuli via Yoga Campus
2011 Babies and children yoga teacher training with Uma Dinsmore Tuli via Yoga Campus
2019 Therapeutic yoga teacher training with Doug Keller
2020 Anusara Yoga Teacher Certification (500 hours)

Yoga Teacher Trainings as a Teacher
2011 Assistant teacher on 300 hour BWK school of yoga teacher training
2019 Philosophy teacher on 100 hour Anusara Immersion
2024, 2025 and 2026 Philosophy teacher on Shiva Studio 200hr teacher training
2026 Philosophy teacher on Live Love Yoga advanced teacher training

Philosophy and Meditation Teachings Within the Tibetan Buddhist Tradition
Nov 2003 1 week Retreat: Introduction to Buddhism 7 day retreat at Tushita meditation centre, Dharamsala.
Nov 2003 3 Months of Teachings with Venerable Geshe Sonam Richen At the Tibetan Library, Dharamasla. Texts: The Wheel of Sharp Weapons and the 37 Practices of a Bodhisattva.
May 2003 Multiple Vipassana Meditation Courses Between 2003 to present: I have sat 4 x 10 day courses, served on 2 x 10 day courses and assisted on 2 x children's courses.
March 2004 6 Days of Teachings with HH The Dali Lama In Dharamsala. Texts: Relaxing the Mind Itself.
June 2005 6 Days of Teachings with HH the Dali Lama In Dharamsala. Texts: Stages of the Path to Enlightenment.
Aug 2012 Weekend Course on Loving Kindness with Venerable Sangye Khadro At Jamyang, London.
Jul 2016 5 day retreat with Venerable Sangye Khadro At the Maitreya Institute, Holland. Texts: The Heart Sutra.
Jan 2020 - Oct 2025 5 year FPMT Basic program Online via Jamyang, London. Topics covered Stages of the path , Tenets, Mahayana mind training, Engaging in the Bodhisattva deeds, Heart sutra, The Tathagata Essence, Mind and cognition and the Ornament for Clear Realization.
May 2020 5 day Course with Jay Garfield Online via Sravasti Abbey, US. Texts: Investigation of the Percept, The Sutra Unravelling the Thought and Treatise on the Three Natures.
2025-2026 Joy of Living online course with Terger

Philosophy and Meditation Teachings Within the Non Dual Tantric Tradition
Sep 2008 5 day retreat with Carlos Pomeda In Cornwall. Texts: The Spanda Karikas.
Sep 2009 5 day training with Carlos Pomeda In Cornwall. Texts: The Pratyabhijna Hridayam.
Apr 2011 2 weeks Yoga Philosophy/history with Carlos Pomeda As part of a teacher training programme. Texts: The Bhagavad Gita, Bhakti Sutras, Patanjali's Yoga Sutras, Hatha Yoga Pradipika, The Yoga Upanishads, The Yoga of Vedanta, Tantra and Kashmir Shivism, The Siva Sutras.

Jun 2013 Weekend Course with Sally Kempton At Triyoga, London.
Jun 2018 5 day Retreat with Bill Mahony In Holland. Texts: The Pratyabhijna Hridayam.
May 2019 Online Training (2 days) with Carlos Pomeda Texts: Patanjali's Classical Yoga, The Bhagavad Gita and The Bhakti Sutras.
Jul 2019 1 week Retreat with Bill Mahony In Cornwall. Texts: The Bhagavad Gita and The Vijñāna Bhairava.
Apr 2020 One Day Workshop with Bill Mahony. Texts: The Bhagavad Gita.
May 2020 One Day Workshop with Bill Mahony Texts: Patanjali's Yoga Sutras.
Jun 2020 One Day online Workshop with Bill Mahony Texts: The Upanishads.
Oct 2020 Weekend Course with Carlos Pomeda. Texts: The Bhagavad Gita.
Oct 2020 Weekend Course with Carlos Pomeda. Texts: The Siva Sutras.
Aug 2021 3 Month Course with Paul Muller Ortega Texts: The Siva Sutras. Aug 2021 Weekend Workshop with Bill Mahony. Texts: The Siva Sutras.
Sep 2021 1 week Retreat with Hareesh (Christopher Wallis) Portugal. Texts: The Tantraloka.
May 2021 Online Course: Selected Verses of 112 Meditations of the Vijnana Bhairava Tantra with The Lankshanjoo Academy
Aug 2021 Online Course: The Tattvas (Elements), The Building Blocks of Creation in Kashmir Shaivism with The Lankshmanjoo Academy
Aug 2021 1 Month Course with Carlos Pomeda. Texts: Isvvarapratyabhijnakarikavrti of Utpaladeva.
Jan 2022 4 Lectures on the Tantraloka with Alexis Sanderson Texts: The Tantraloka.
April 2022 1 Month Course with Carlos Pomeda. Texts: The Samttimsattattvasamdoha.
July 2025 6 day retreat with Hareesh (Christopher Wallis) Lincoln
July 2026 6 day retreat with Hareesh (Christopher Wallis) Lincoln

Pranayama Trainings
2006 1 week retreat with Clive Sheridan
2009 1 day retreat with Clive Sheridan
2018 1 day training with Rodney Yee

Additional Study and Qualifications:
Since 2021 5 Years of Sanskrit study with CityLit 1 online class per week (term time only) for approximately 4 years.
2008 Degree in adult nursing
2005 Diploma in Anatomy and physiology
Multiple massage qualifications
October 2025 Commenced 2 year biodynamic cranio sacral therapy training