

# KATE MORSLEY

## YOGA TEACHER

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

### ACADEMIC BACKGROUND – YOGA and related topics

- 1994 **Yoga Teaching Diploma – British Wheel of Yoga (BWY)**  
This is a four year intensive study of all aspects of yoga.  
With Swami Dayamurti (Doriel Hall)
- 1996 **National Training Week - British Wheel of Yoga**
- Developing students who are fit, supple and strong
  - Introduction to Alexander Technique and it's application to yoga
  - Teaching classes of people with mixed health problems
- 1997 **Yoga in Pregnancy**  
BWY training day, Wadhurst, Sussex.
- 1997 **Teaching Yoga in Prisons and Young Offenders centres**  
Prison Pheonix Trust Workshop – Oxford, UK.
- 1997 **Yoga and Osteopathy**  
Workshop with Peter Blackaby, Osteopath, Bletchingly, Sussex
- 1997 **Pranayama Techniques**  
Phillip Jones – Breath specialist working with Olympic Athletes and chronic pain Sufferers – weekend workshop – Heatherwood Hospital, Ascot, UK.
- 1997 **Yoga Teaching and Neuro-Linguistic Programming (NLP)**  
Antonia Boyle (NLP Master), Wadhurst, Sussex
- 1998 – 2000 **Teaching Yoga and Meditation to Young People in Custody**  
Prison Pheonix Trust, Oxford, UK
- 2000 **ASHTANGA VINYASA – Teacher Training**  
Beryl and Thom Birch, Omega Institute, New York, USA
- 2000 – 2003 **Ashtanga Vinyasa – training workshops with**  
Nawajioti, Scotland  
David Swenson, The Circus Space, London

Godfrey Devereaux  
Danny Paradise, USA  
John Evans, Forge Yoga Centre, Devon

2003 **Yoga for Drug Addiction** – Prison Pheonix Trust, Oxford

2004 – 07 **Ongoing Training with International Teachers.**  
Including Gary Carter – Strutural Integrity specialist

**2008 - BWY Diploma Module – Teaching Yoga in Prison**

Specific qualification run by Prison Pheonix Trust, Oxford

2011 - **BWY Yoga for Children** (Inservice Training)

2011 – **Scaravelli Immersion** – Tri-Yoga Training Intensive  
(Freeing the spine through gravitational release)

2012 - **Gary Carter**, The Elasticity of Yoga practice – teaching workshops

2012 - **Matthew Samford** – Teacher Training (Tri-Yoga, London)

## **FULL MOVEMENT METHOD AND DEEP TISSUE MASSAGE**

1998 - **Myo-Fascial Manipulation Methods** - **Andrew Thomas, Nottingham**

Deep tissue massage techniques for injuries or chronic spinal spine  
or related physical disabilities (ongoing personal training till 2009)

1998 **Anatomy of Massage Techniques for the whole body** – Peter Walker

Yoga Seekers Resource Centre, Windlesham

2003 **Anatomy Trains** Workshop in Myofascial Meridians – Tom Myers, London

## **Professional Associations and Published Works**

British Wheel of Yoga           Teacher - Professional Insurer.

The Prison Pheonix Trust       Associate and Teacher

Usana Health Sciences           Associate - Nutritional Research and Development and  
Cellular Supplementation

Spectrum Magazine -       Article on Yoga in Prisons 2010

Om Magazine               -       Article on Partner Yoga 2011

Dynamic Partner Yoga – Instructional DVD 2007 [www.partneryoga.org](http://www.partneryoga.org)

## **TEACHING EXPERIENCE 1993 - 2012**

- Public Classes -** Regular weekly classes to the public in the UK  
Classes ranging in size from 1 – 50 people.  
Each week, throughout the year I teach up to 140 people ranging in age from 10 to 75 years.  
I currently also offer private tuition at my home in Surrey for small groups and individuals.
- Hospital classes –** Mental Health Rehabilitation unit – Heatherwood Hospital  
World Mental Health Day – workshops 1998 – 2003  
HMP Fetham YOE – Lapwing Inpatients 2004 - 2008  
The Orchard, Ealing – Patients and Staff – 2007 - 2009  
**Ealing Hospital – Patients and Staff 2005 – Current**  
**Broadmoor Hospital – Patients and Staff 2009 - Current**
- Prison classes –** HMP Coldingly – Rapt Unit  
HMP Send – Rapt Unit  
HMP and YOE Feltham – Education B. and Juveniles.  
HMP Feltham – Rehabilitation Unit (Albatross)  
HMP Bronzefield – Staff classes  
Wells Unit, Young Offender Secure Unit, Ealing Hospital  
HMP Swinfen Hall, Birmingham
- Corporate Classes -** Galderma Ltd, - staff (Watford)
- Schools –**
- Staff and students** Castleview School, Slough  
Imperial College, Silwood Park, Ascot  
Royal Grammar School, Guildford  
Farnborough Hill School for Girls, Farnborough

My aim is to offer a practical and accurate approach to yoga practices so as to inspire students to establish yoga in their lives in combination with nutritional guidance as a complete approach to health and well-being.

Students will gain an understanding of inner energy, increase strength and flexibility, both physically and mentally and achieve an appreciation of the benefits of daily meditation and relaxation.