

Yoga teacher CV

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Hi, I'm Ruth, and I am passionate about sharing the benefits of yoga and helping people find a regular practice that works for their lifestyle. I discovered yoga as a form of physical and emotional therapy over 10 years ago while recovering from a serious illness, and have since developed a deep connection to the practice. Building upon the solid foundations of Hatha, my style of teaching blends high-energy vinyasa flows and challenging postures with restorative stretches, pranayama techniques and deep relaxation, with the goal of helping students reconnect with their mind and body in the busy modern world.

Yoga teacher training

RYT200 (Yoga Alliance certified)

March - September 2023
200 Hour Yoga Teacher Training
The School of Yoga, Edinburgh

November 2023 - January 2024
15 Hour Mum & Baby Yoga Teacher Training
20 Hour Post-Natal Yoga Teacher Training
85 Hour Pre-Natal Yoga Teacher Training
Arhanta Yoga Ashram

Teaching experience

Trainee instructor

Hatha yoga classes at Cramond Kirk Halls as part of teacher training
(July - August 2023)

Freelance instructor

Vinyasa flow classes at OMH Therapies Yoga & Meditation Studio (October 2023-January 2024)

Gentle flow and restore yoga classes for Queer Yoga Edinburgh community at Lila Yoga (November 2023-)

Vinyasa flow classes at Portobello Swim Centre and Glenogle Swim Centre, Edinburgh Leisure (November 2023-)

Vinyasa flow classes at David Lloyd Newhaven Harbour (December 2023-)

Substitute cover for vinyasa, restorative and yin classes at East Side Yoga (November 2023-)

Pregnancy yoga classes at East Side Yoga and Yoga's Got Hot (March 2024-)