

Ella Williams

ellawilliams@hotmail.com

07947 869 651

Yoga Teacher



Education

Jan 2016

Yoga Campus, London

Graham Burns: Sequencing: The Deeper Dimensions Workshop
Susan Lahusen: Yoga as Therapy for Back Pain Workshop

Jul - Aug 2015

Yoga Alliance RYT 200 hour

Shakti Mhi / Nimrod Steinbock
Prana Yoga College, Tel Aviv

Apr – Nov 2015

British Wheel of Yoga Foundation Course 70 hours

Mara Musso / Cesca Cross
Yoga Body Centre, London

Oct 2004-Jun 2007

Aberystwyth University
BA Hons Fine Art: 1st Class

Referees

Richard Brook (Program Leader)
richard@creativewellness.co.uk
07815 837679

Ling Mann (Senior Yoga Teacher)
yogalingyoga@gmail.com
07712 188 446

Overview

With 8 years of experience teaching hatha flow yoga, my classes offer meditative, breath-lead movement through traditional postures with focus on developing mind and body awareness. I have a fascination with the connection between mental and emotional states and their effects on the body, and with how to use physical yoga practice to process, find acceptance and balance. Classes are adapted for mixed abilities, and I use light adjustments to prioritise safe practice.

Experience

Apr 2023 – Present Beginner - Intermediate
Bathford Village Hall • Bath

Feb 2020 – Aug 2022 Mixed ability
South Wraxall Village Hall / Online • Wiltshire

Feb – Nov 2020 Gentle yoga and dynamic flow classes
The Movement Shed • Hilperton, Wiltshire

Nov 2019 – Present
Springfield Community Campus • Corsham
Devizes Leisure Centre • Wiltshire

April 2019 - Present
Private Classes • Corsham Area, Wiltshire

Maternity leave

Jan – Dec 2017
Rooftop Yoga • Malaga, Spain

April 2017 Collaborating on new retreat program
Eco-Oasis Retreat • Competa, Spain

January – June 2017
Effecto Yoga • Malaga, Spain

Sept – Dec 2016 Working with program leaders
Moinhos Velhos Detox Juice-Fasting Retreat • Algarve, Portugal

Feb – June 2016
Bermondsey Fayre • Bermondsey, London

Jan – May 2016
New Cross Learning • New Cross, London

Sept 2015 – May 2016
Private Individual/ group Classes • South East London

