



## Amanda Glover

### Vinyasa Flow | Iyengar



Amanda discovered the power of Yoga in 1996 and has spent 20 years exploring different styles such as Hatha, Iyengar, Vinyasa, Sivananda, Ashtanga, Bikram and more. After this magical journey, she was so inspired by the powerful connection of mind, breath and the physical postures, she wanted to share this knowledge with others. She went on to do an Integrated Yoga and Ayurveda 200 hour Yoga Teacher Training in Costa Rica with Jacqui Chiodo and to deepen her teaching skills followed this with a 500 hour Yoga Teacher Training with Ruth White who was one of Iyengar's original students.

Amanda has been taught by many inspiring international yoga teachers over the years and as a result of this she can adapt and tailor her teaching to a wide range of people with different requirements. Amanda's classes are based on the precision and accuracy of Iyengar teachings and the creative fluidity of Vinyasa Flow. Through her professional training with Ruth White, she has learnt to skillfully accommodate all levels in her classes and allow each to gain the maximum benefit from the class in a relaxed, safe and fun way. She likes to include a variety of methods in her classes, such as pranayama, meditation, mudras, yoga nidra and relaxing music. Amanda has been riding horses since she was 10 and finds yoga the perfect compliment to help with balance and mobility. With this experience, she offers tailored Yoga Classes specifically for riders.

