



### Qualifications

February 2014 - 200 hr Yoga Alliance US certified - Holistic And Akhanda Yoga And Prenatal  
January 2016 - 100 hr British Wheel Of Yoga certified - Special Yoga For Special Children  
March 2016 - 40 hr Yoga Alliance US certified - Advanced Assisting And Sequencing  
October 2017 - 300 hr Yoga Alliance US certified - Akhanda Advanced

### Highlights

**Anand Prakash Ashram** – I was invited to work at the ashram, a position responsible for teaching the daily asana classes, leading kirtan, running the library and offering support and guidance to the students.

**Special Yoga** – Starting my relationship with the charity as a volunteer, I grew alongside SY as I trained to become an integral practitioner while also working with the foundations operations team.

**Fitness4Less** – When I first dropped my CV into the gym there was one yoga class, over three years I built it up to double weekly classes in both of the East London studios.

### Training

**Akhanda Yoga** - Developed by Yogrishi Vishvketu PhD, a Himalayan Yogi, Akhanda Yoga is a holistic practice combining traditional yoga asana, mantra, breath work and meditation with a Western awareness for safety, alignment and flow.

**Special Yoga Foundation** - The charity was founded by Jyoti Manuel, who has worked around the world with children with special needs for over 25 years. Her Special Yoga For Special Yoga teacher training is one of the flagship trainings for practitioners working with special needs.

### Style

My work is to embody the yogic traditions as authentically as possible. With a respect for the lineage, I lead classes in a strong yet light and energetic, sometimes poetic style. I hope my teaching is a product of the Eastern philosophy with a West-facing approach; having trained and practiced in the Himalayan foothill but learning to teach in London. I structure classes with an equal attention to balance, posture and flow and the students' inner experience.

### Mainstream And Special Needs Classes Include:

<http://bluecowyoga.com/> - Studio, London

[www.ramanas.org](http://www.ramanas.org) - Orphanage, Rishikesh

[www.khaamakethna.com](http://www.khaamakethna.com) - Retreat Centre, Goa

[Yogaia.com](http://Yogaia.com) - Website, Finland

### Additional Highlights

**Secret Garden Party** - Managed the yoga and therapy in the official holistic area 2015 & 2016

**Future Of Food** - Taught Classes at Jamie Oliver's FoodHack in London 2016

### Feedback

*James was a lovely teacher full of nice words, encouraging and challenging, however, also gentle and patient.* Diana S (Tripadvisor)

*James has such a lovely, calm way to interact with students and the pace of his dynamic class is at the same time peaceful and energetic.* - Nomi (Yogaia.Com)