



Catherine Turner Calming Yoga

About me

I began practicing yoga 12 years ago as an antidote to my busy job as a Beauty & Health Journalist and magazine Editor. I've delved into many styles including Jivamukti, Kundalini and hot yoga, but my main focus these days is classic Hatha yoga. Over time, I've been privileged to practice with some of the world's best yogis including Sharon Gannon, Gurmukh, Donna Farhi and Bridget Woods Kramer. I decided to leave my job on a glossy magazine 18 months ago to deepen my practice at a remote ashram in the Himalayas and gained my Yoga Alliance 200 hour

teacher training certificate. As well as teaching and writing, I am continuing my studies with Susannah Hoffman and Jeff Phenix at Triyoga, London.

About my classes

I believe yoga is for everyone, and my classes include simple yet powerful breathing exercises, relaxation postures and meditation techniques to work the body into a deep state of calm without unnecessary force. There is no pressure to achieve perfect postures, just to be, enjoy and escape the 24/7 stresses of modern life.

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