



## Judith Daniel

Yoga has been a constant in Judith's life for the past 17 years and has helped to keep her calm and centred throughout her career in the hectic music Industry. Working in the highly stressful areas of PR and Events, she often said that she would love to give it all up and become a Yoga Teacher. And finally, she did. Now she's thrilled to be sharing everything that it has taught her and teaching others to benefit from this wonderful practise.

Judith is Yoga Alliance certified. She completed her Teacher Training in India with Lara Baumann ([www.quantumyoga.com](http://www.quantumyoga.com)) in 2008 and the influence of the East is evident in her classes. She has since divided her time between the UK and India, teaching in South Goa and West London.

Judith's innate love of Yoga was first honed by Godfrey Devereux (Dynamic Yoga), who was her teacher at the Life Centre in London. She then went on to explore many different styles including Ashtanga, Bikram, Jivamukti and Kundalini Yoga. Always a keen dancer, she was drawn to the Quantum Method, because of its fluidity and the way one posture informs the next in a continuous flow, and because it stays true to the ancient practise and philosophies from the East which remain so very relevant today. A natural linguist, she has also fallen in love with the beauty of Sanskrit.

To her, Yoga is a graceful, ancient dance, which opens up the body and the mind. She also believes that through our work on the mat, we can explore our true identities and reveal the divinity within. Her teaching style is Vinyasa Flow.

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