

Qualification	Level/Length of Time	With Who And Where	When	Certificate
Somatics Movement Education	10.5 Days	Lisa Peterson	Spring 2023	To be completed Autumn 2023
500 Hours	Yoga Alliance 500	International Certification Body	2021 Renewal	
Yoga Anatomy Training	18 Hours Yoga Anatomy	Neda Drapover Hanover USA Online	2021	March 2021
iRest Yoga Nidra Meditation Training	Teacher Training Level 2	The iRest Institute USA	2019	
iRest Yoga Nidra Meditation Training	Teacher Training Level 1	The iRest Institute USA	2018	
Yin Yoga Training	Yin Yoga 30 hour Training Level 1	Josh Summers Navan Ireland	2017	
Mindfulness Based Stress Reduction (MBSR)	Teacher Training Level 1	Bangor University	2016	

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Yoga Prenatal Training	Yoga for pregnancy	Ardnaho Yoga School	2015	
Yoga Hour Training	YogaHour Teacher Training	Darren Rhodes St Louis USA	2014	
300 Hours	Advanced Yoga teacher training	Yoga Room in Dublin	2015	
Pranayama Training	One Year Foundation Course	Santosha Lisburn Philip Xeres	2014	
200 Hours	Basic Yoga teaching training	Ardnahoo School of Yoga Drumahair Leitrim	2013	
102 Hours	Anusara Immersion teacher training	Dublin	2011	Certificate mislaid