



ABOUT ME:

Introduction

I am a bit of a spiritual hippie dippy in some people's eyes but am also fascinated by science, the brain and the nervous system. I use the balance of spiritual and scientific methods with my clients. I am fascinated by mind-body connection and somatic therapy.

I am a vegan at heart but introducing fish for health reasons. I love travelling and adventure and am such a sun and water baby. I am curious and creative and am big into personal development; always have been.

Yoga is my jam and practice most days. I feel deeply and mindful movement helps me become aware, process and express my emotions.

I love bright colourful things especially rainbows and anything with glitter.

I like to think of myself as empathetic and I think compassion is one of my biggest strengths.

I love wearing dungarees, practicing yoga, being in nature and laughing with my friends with a glass of prosecco or two.