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| **Date** | **Training Course** | **Teacher/ School** |
| 2018 | Mindfulness Diploma (Distinction) | International Alliance of Holistic Therapists |
| 2018 | 3-day retreat exploring intelligent yoga | Peter Blackaby (west Wales) |
| 2018 | Graduate Certificate in Counselling (Distinction) | University of Wales Trinity Saint David (Swansea) |
| 2017 | 5-day retreat exploring the yoga of Vanda Scaravelli | Christine Borg (west Wales) |
| 2016 | 7-day Mindfulness Retreat | Plum Village, Thich Nhat Hanh's practice centre (France) |
| 2016  | 5-day retreat exploring the yoga of Vanda Scaravelli | Christine Borg (west Wales) |
| 2016 | 4-day Trauma Sensitive Yoga training | David Emerson from the Brookline Trauma Centre, Boston (London) |
| 2014 | 11-day Vigyana Bhairava Tantra Meditation Retreat | Swami Nishchalananda at ​​Mandala Yoga Ashram (Wales) |
| 2013 | 8 days exploring yoga inspired by Vanda Scaravelli | Private tuition with Diane Long (Rishikesh, India) |
| 2012 | 2 days teachings on non-violence and universal responsibility | His Holiness the Dalai Lama, (Manchester) |
| 2012 | 6 day "Cultivating Happiness" Mindfulness retreat | Thich Nhat Hanh – accredited by Institute of Applied Buddhism (Nottingham) |
| 2010 | BWY Yoga Teacher Training Diploma (500 hours) | Rosemary Bennett/ Swami Premananda (Liverpool) |
| 2010 | 6 day "Living Mindfully" retreat | Thich Nhat Hanh - accredited by Institute of Applied Buddhism (Nottingham) |
| 2009 | 5 Day "Opening to Insight" yoga intensive | Donna Farhi (Manchester) |
| 2008 | 10 Day Silent Meditation Retreat | Vipassana, Dhamma Dipa (Wales) |
| 2008 | Yin Yoga weekend workshop | Sarah Powers, Manchester |
| 2008 | 6 day "Touching Peace" retreat | Thich Nhat Hanh - accredited by Institute of Applied Buddhism (Nottingham) |
| 2008 | 3 days Buddhist teachings on Dependent Origination | His Holiness the Dalai Lama (Manchester) |
| 2007 | Ashtanga Primary Series weekend workshop | David Swenson (Edinburgh) |
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