

## **Joanna Bertzeletos: Experience and Qualifications**

### **Personal Yoga Experience**

- I have been a student of yoga for over 20 years and have been teaching for 13 years;
- I have had the great honour to share yoga with children as young as 2 right up to adulthood;
- I have taught yoga in primary and secondary schools, with businesses and children and adults with special needs;
- I am committed to continuous professional development and attend post graduate yoga courses on a yearly basis.

### **Qualifications**

- I am currently completing the seven-month Pranayama Foundation Course with Philip Xerri;
- In 2015 I completed the one-year course at Mandala Ashram on 'The Chakras: The Path to Discovering our fullest potential and fundamental identity';
- 2012 – indefinite taking part in Lesley Kaminoff's on-line Yoga Anatomy course;
- I gained my Dru Yoga Antenatal yoga certificate in 2013;
- I have completed a two year Dru Yoga Sound and Mantra course, gained in 2010;
- I have completed two modules to teach Dru Yoga Dance, gained in 2008 and 2011;
- I have a four year Dru Yoga Teacher Training qualification, gained in 2008;
- I have a YogiYou certificate to teach yoga to kids and teens, gained in 2007;
- I have done Dru training in yoga therapy for back care.

### **Other workshops and retreats attended**

- 24 February – 26 February 2017 Retreat with Swami Pragyamurti
- 22 October 2016 Pranayama the Vasishta Method with Jean Lavers
- 22 July – 30 July 2016 Karma Yoga at Mandala Ashram
- 26 May – 5 June 2016 Prana Vidya Retreat with Swami Gyan Dharma;
- 8 May 2016 Kirtan Workshop with Tabla Tom;
- 29 April – 2 May 2016 Beltane Bhakti Festival;
- 10 April 2016 Yantra and Mandala Workshop with Helena Turner;
- 19 March 2016 From Sound to Silence with Rajeesh David;
- 26 February – 28 February 2016 Classical Yoga with Brahmananda;
- 23 January 2016 The Anatomy of Balance with Lesley Dyke;
- 26 – 29 June 2014 The Transformative Power of Awareness with Swami Gyan Dharma;
- 22-14 February 2013 Yoga of the Heart with Swami Satyaprakash;
- 30 November – 2 December 2012 The Chakras A Practical Approach with Swami Shradhamurti & Swami Chetanmurti;
- 15 July 2012 A Day with Pete Blackaby author of the book *Intelligent Yoga*;
- 4 August 2012 Yoga Anatomy with Lesley Dike;

### **Experience of working with adults:**

- I teach adult evening classes, modules and workshops on a regular basis;
- In 2016 I have shared yoga with the Sanctuary project, supported living for vulnerable adults;
- In 2014 I shared yoga with the 911 Project for people recovering from drug and alcohol abuse;
- In 2012 & 2013 I shared yoga as part of Learning Disability Week;

## **Joanna Bertzeletos: Experience and Qualifications**

- In 2012 & 2013 I shared yoga with Rethink Mental Illness;
- In 2009 and 2011 I ran a corporate yoga session for HSBC as part of their team building;
- In 2009 and 2010 I ran yoga sessions for the staff at Abbeydale Grange Secondary School;
- From July 2009 to April 2010 I ran an evening yoga class for adults with learning difficulties and special needs at Mencap;
- From 2008 to 2010 I ran an intermittent yoga group for women who were recovering from domestic abuse;
- During 2008 I ran a morning yoga session for the Welfare to Work Directorate. Its purpose was to show how yoga can be used at the workstation, to minimise stress and increase emotional well-being;
- In 2006 I taught yoga workshops during the half term break to the Chinese Community;
- In 2005 I taught lunch time yoga to the Asian Women's Community at St Mary's House.

### **Experience of working with young adults and teens:**

- In July 2016 I shared yoga with LGBT teens at the NSPCC;
- In April 2016 I delivered yoga at a health and wellbeing day at Silverdale School;
- In September and October 2015 I taught yoga with various groups of teenagers at Bents Green Secondary School;
- In January 2012 I taught yoga to Handsworth Grange Secondary School;
- From 2006 to 2011 I worked in partnership with Abbeydale Grange Secondary School delivering yoga across the curriculum. Over the years I worked with teenagers with Special Educational Needs and English as a Second Language. I also taught yoga dance and presented to Y11s the effects of stress and how yoga can help;
- In 2008 I taught yoga with a small group of teenagers at Bents Green Secondary School;
- In 2010 I delivered yoga to King Edwards, King Egbert's and High Storrs Secondary Schools;
- In 2008 and 2010 I worked with Pitsmoor Youth Housing Association where I taught yoga to young adults recovering from alcoholism and drug addiction;
- In 2009 I delivered yoga to Hinde House Secondary Phase as part of a motivational day.

### **Experience of working with children:**

- Since 2007 I have been running a Saturday morning kids yoga club;
- Since 2006 I have been running afterschool clubs in the following primary schools: Carterknowle Junior School, Hunters Bar Junior School and Sharrow Primary School;
- From 2008 to 2015 I was employed by a Montessori school to teach yoga to 2 to 4 year olds;
- In 2014, 2015, 2016 and 2017 I shared yoga with the children of Hunters Bar Infant School as part of their Eco Day;
- From December 2016 to May 2017 I have been teaching yoga to Year 6 students in Sharrow Primary School for two mornings a week to help them prepare for SATS and alleviate stress;
- From September to October 2011 I delivered yoga to Nether Edge Primary School;
- Over the years I have taken and continue to take yoga into a number of rainbow, brownies, girl guides and scout groups;
- During Healthy Schools week in 2009 I delivered a day of yoga to Aston Fence Junior & Infants;
- In 2008 I delivered a day of yoga to Limpsfield Junior School;
- From 2007 to 2009 I delivered yoga to Malin Bridge Primary School;

## **Joanna Bertzeletos: Experience and Qualifications**

- In 2006 I taught yoga workshops to children of the Chinese Community.

### **I also have the following qualifications**

- 2 November 2002, Post Graduate Certificate (PgC) – Human Resource Management from Hallam University, Sheffield;
- 20 May 1995, MSc – Environmental Archaeology & Palaeoeconomy from Sheffield University;
- 23 April 1993, BA/Sc from the Australian University. On the Arts side I majored in prehistory and minored in French on the Science side I majored in environmental archaeology and minored in environmental studies.