

Call of the Forest

Jonathan Reading
Yoga Teacher



07958 364166



jon@calloftheforest.com



www.calloftheforest.com

Practice

I share the timeless teachings of Hatha yoga, inspired by the tradition of TKV Desikachar. My focus is on personal inquiry, inviting individuals to tune into their inner experience and discover new ways of moving and relating to themselves. I teach 1-2-1 as well as in a group setting.

This is a holistic practice that incorporates:

- Slow conscious movement
- Functional movement patterns
- Movement synchronised with breath
- Breathing practices
- Meditation
-

With the aim to:

- Integrate body, breath and mind
- Identify and re-pattern dysfunctional movement patterns
- Improve body awareness and coordination
- Release unconscious tension
- Tune into sensations, feelings and emotions
- Discover freedom and ease within the body
- Reduce stress and anxiety
-

Currently I am training under the guidance of Colin Dunsmuir on a 4 yoga year therapy training course.

Education and Certification

Teacher Training and Yoga Therapy
2019 - 2022
True Yoga, London

Karma Yoga Program
March - May 2018
Hyridaya yoga, Mazunte, Mexico

Art of Viniyoga
September - December 2017
Sadhana Mala, Brighton

RYT 200
March 2017
Hatha Yoga World, Rishikesh, India

BSC Multimedia Technology
First Class
2003 - 2005
Nottingham Trent University

Teaching Experience

Private Yoga Teacher
April 2017 – Present

Other Work Experience

Freelance Developer
2013 – Present