



Jonathan Reading

Call of the Forest

Hatha Yoga Teacher

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My Mission

As a yoga teacher I share the traditional teachings of Hatha yoga, incorporating asanas, pranayama and meditation. I provide students clear alignment instructions, confirming hands on adjustments and pointings towards meditative awareness. Together we create a loving, open space, where all are welcome to explore and experience the natural state.

Education and Certification

RYT 200
March 2017
Hatha Yoga World, Rishikesh, India

BSC (Hons) Multimedia Technology
First Class
2003-2005
Nottingham Trent University

Workshops and Retreats

2 Day Somatic Meditation Workshop
July 2015
Dharma Ocean, London, England

5 Day Metta Retreat
October 2015
Amaravati, Hertfordshire England

14 Day Gurgief Movements Workshop
March 2016
Osho Nisarga ,Dharamsala India

12 Day Iyengar Yoga Intensive
April 2016
Himalayan Yoga Centre ,Dharamsala India

10 Day Self Inquiry Retreat with Mooji
September 2016
Monte Sahaja, Portugal

10 Day Vipassana Meditation Retreat
December 2016
Dharma Dipu, Herefordshire, England

Teaching Experience

Yoga Teacher
April 2017
Aliens Camp, Afrika Burn, South Africa

Private Yoga Teacher
April 2017 – Present

Other Work Experience

Frontend Developer
2013 – 2015
BBC Worldwide, London

