

## **Yoga with Mariella De Martini on Tuesdays in the Chapel:**

**1<sup>st</sup> Session -- 5:30-6:30pm,**

**2<sup>nd</sup> Session -- 6:30-7:30pm**

This is an opportunity to take part in an hour of Yoga during Mondays of term time, to have some fun together, to move gently and stretch, sweat a bit, following the breath, listening to the body and tuning in. At the end we always lie down for a lush guided relaxation so we can leave the class properly calm and alert, and over the term learn to shed stress and unhelpful patterns, to foster clarity and wellbeing instead.

**If you have one, please bring a yoga mat,** wear comfy clothes, no shoes, refrain from eating up to 3-4hrs before practice and let the teacher know if you have pain/injury or anything else you think would be good for her to know to better assist your practice. It is wise not to turn up with colds, flus.

**Mariella De Martini** is a Senior Yoga Teacher at Yoga Alliance Professionals UK. She started practicing Ashtanga Vinyasa Yoga under a wondering Yogi who had briefly descended to Oxford in 1992. A fortuitous encounter which, after 6 months of enjoyable daily practice, unexpectedly healed her of asthma and other respiratory issues and therefore changed her outlook on life. She witnessed this pattern many times in her extensive learning and teaching, and has been motivated ever since to help people empower themselves through these amazing practices.

### **Some of her formal trainings include:**

- 2-Year Intensive Certificate in Astanga Vinyasa Yoga (namely Yoga Chikitsa, Yoga Therapy) 2005 with John Scott.
- Level 1 Yoga as Medicine with Dr McCall (2014)
- 10-Week Yoga4Health Programme by the Yoga in Healthcare Alliance (2018)
- 3 Diplomas in Traditional Yoga in Yoga and Meditation under Indian scientist and Yogi, Dr Kumar

She also holds a First in Modern Languages and Literatures, an MA in Cinema Studies and studied Scriptwriting for 2 years at the National Film and Television School in Beaconsfield. She has been honoured to share Yoga in Oxford colleges for many years, she is Lead Yoga Teacher at Rhodes House and she has been teaching for hospital staff, for Executive Education at Said, in the larger community and as well running informal apprenticeships for many students who have gone on to become teachers in their own right.

