About Alison Mann:

Alison is an inspirational, experienced yoga teacher. She has been practising for 23yrs in Vinyasa Flow, Kundalini Yoga, Children's yoga & Chair Yoga. She is also a qualified Ayurveda massage therapist, Chavutti Thirumal bodyworker working in and around Hereford, Monmouth, Worcester & London.

First experiencing yoga for the first time on my travels in India back in 1993, Alsion began an on off love affair, encountering many styles of Yoga. Having become attached to Sivananda due to her love of Kirtan (devotional music). Although, after residing in Goa in 2005, I fell in love with the art of Vinyasa Flow with my teacher and inspiration Julie Martin - Brahmani Yoga. The graceful flow of movement, always connecting with ones breath. I finally decide to take my teacher training in 2009...200hrs certified.

Through out my time in my travesl..Kundalini Yoga kept coming up, After encountering the same KY teacher over the years at festivals and whilst travelling, I decided yet again this is a pure sign for me to embark on my Kundalini Yoga teacher training. This commenced in 2015 with the Karam Kriya School..

I am interested in anything to do with the mind, body, energy, emotions & spirit. I work from the heart, with compassion, understanding, care, on a spiritual level as well as professional. My feet are firmly on the ground and my heart is open.

Sat Nam

Alison (Guru Bhagat Kaur)

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