

MY STORY

WHAT MATTERS MOST.

I used to be a modern day career driven, busy, multi-tasking mum. I still am. The difference is this: I've redirected my driving force from delivering million pound projects for banking institutions to delivering yoga sessions, wellbeing retreats and supporting local charities. Doing it in the best way I know how, with passion, commitment, a good dose of curiosity and a mantra of 'I can only ask'.