

Beth Win

I have an extensive and qualified background in Psychology, Yoga, Buddhist meditation techniques, spanning the last 15yrs+

Somatic & Mindfulness practice, Integrative Therapy (including specific study into the neurobiological effects of Meditation & Yoga on mental health & wellbeing, as well as study of the relationship between our nervous system, hormonal systems and brain function).

You will be held in experienced and knowledgeable hands.

I have taught these practices to Creatives in the Tech industry, Artists, CEO, CFOs in Finance, Marketing and Medical Research, teaching the Medical staff at IVF clinics and like.

I have also featured as an NHS mindfulness support practitioner via an online platform since 2013.