



Vicky Glanville Watson

Yoga Therapist & Teacher, Holistic Therapist & Wellbeing Coach

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<https://infiniteharmony.co.uk/>

SKILLS

- Yoga Teacher - Hatha, Iyengar, Chair.
- Yoga Nidra, Meditation.
- Massage, Thai Yoga Massage, Chair Massage.
- Holistic Therapy, Yoga Therapy, Aromatherapy.
- Stress & Wellness programmes, Wellbeing Coaching.

EDUCATION

Post Graduate Diploma in Yoga Therapy
Real Yoga - April 2021 – June 2024

Diploma in Thai Yoga Massage Therapy
London Institute of Thai Yoga Massage - 2020 – 2021

Lakshmi Voelker Chair Yoga Certificate
Accessible Chair Yoga - May 2021

Action Learning Coaching (CALC)
World Institute of Action Learning
June 2019

500hr Yoga Teacher Training
Inner Yoga Trust - 2015 – 2018

ILM Level 5 Certificate in Mentoring & Coaching
BLM – 2015

ITEC Diploma in Aromatherapy
Basingstoke College of Technology - 2003 – 2004

VTCT Swedish Massage Diploma & GPP
Anatomy & Physiology
Basingstoke College of Technology - 2002-2003

ABOUT ME

My path to yoga, holistic therapy, and wellbeing coaching is deeply personal and rooted in my desire to support and help others to seek transformative growth.

I am gradually transitioning my career from a marketing professional to a full-time holistic therapist and yoga therapist. This journey started 20 years ago when I qualified as a holistic massage therapist. I have just completed a 600-hr. yoga therapy qualification.

EXPERIENCE

Yoga Teacher, Holistic Therapist & Wellbeing Coach

Infinite Harmony, Basingstoke, 2003 – to date

Infinite Harmony has grown from an initial 1-year training course to be a holistic massage therapist as a side interest, and now incorporates yoga therapy, aromatherapy and wellbeing coaching.

- Hatha yoga teacher with 8 yrs teaching experience and lineage from BKS Iyengar who taught my teacher Jenny Beeken. Delivering weekly classes in person and on-line with a key focus on helping & supporting students who wouldn't ordinarily engage with yoga.
- Deliver public scheduled weekly classes under the banner of Infinite Harmony, Shin Gi Tai Martial arts school and Sycamore Halls.
- Work with students on a 1-2-1 basis delivering therapeutic yoga sessions.
- Create evening, 1-day and weekend retreats, working with artists and other therapists to create events that nourish creativity, mind, body and soul.
- Holistic therapist bringing together aromatherapy, Thai massage therapies with Swedish massage techniques to deliver mostly chair based treatments to clients.
- 121 wellbeing coaching supporting clients to develop their individual strategies to own their personal wellbeing.

Board Member & Trustee

Inner Yoga Trust, March 2021 – to date

The Inner Yoga Trust was founded in 1993 to deliver Scaravelli inspired yoga training. The trust has changed over time to be a membership-based organisation that serves its members by working with guest teachers to deliver interesting yoga workshops and seminars.

- Work with the members committee to plan & deliver a programme of events for our members.
- Liaise with guest teachers and speakers to facilitate events.
- Trustee of the IYT to guide the future direction of the trust.

