

carole baker ~ health & wellness adviser ~ yoga teacher

Personal Profile



Qualifications: BSc Catering Administration. (Com) The British Wheel of Yoga Teachers Diploma

My background is varied – Restaurant/Bars Manager, Cafe chain Area Manager, Advertising Exec for Yellow Pages and Pharmaceutical Drugs Rep but all the jobs I've had have shaped me and led me into what I do now. The past experience of high-pressured sales roles has let me appreciate the benefits of yoga and preventative medicine. People are desperate for information on how to take responsibility for their own health and wellbeing; the NHS just doesn't have the right attitude. I founded **the self centre**, in 2005 to encourage people to understand that "Health is their greatest wealth". In 2015 I sold it to a wonderful social enterprise called Abbeycroft Leisure and am still involved teaching and offering consultancy.

My journey into yoga began when my mother persuaded me to try a local village class, as I was a slightly overweight and very stressed mother of two small people! I rejected the suggestion stating that "yoga is just for grannies" but as I look back now, that first class was a turning point in my life! I am a different person now!

For me yoga is about developing your own understanding of how you and your body and mind interact with the world. Yes it's about regaining flexibility, building strength and tone in muscles and joints but it's actually a lot more than that too if you are open to it. Yoga will not only open a stiff, tired body but it will expand your mind and allow you to do things you never thought you could. It will also strengthen your focus, resolve and improve your concentration levels. Perhaps one of the main reasons people come to yoga though is to try and reduce their stress levels. Even our GP's now are beginning to slowly make the connection between mind and body and understand that a stressed mind causes the body to react in some way. We should be healthy, unstressed and in a state of "ease". But what happens to us as we live in our busy heads all day, ignoring our bodies and what we put them through or feed them, forgetting to move and breath? We find we become "dis-eased".

I love teaching, everyone from the very young to the very old, there is never a reason that someone can't do yoga, and even a little movement will make a huge difference. I find teaching children and teenagers really rewarding and enjoy the challenge of persuading adults to come out of their comfort zones more, something kids find a lot easier!

I work in schools, colleges and the workplace and regularly take myself on teacher training weekends to keep myself updated and have a fresh enthusiastic approach. I trained with the British Wheel of Yoga in 2003 and have also done courses and workshops on many different style of yoga since then!

I don't teach one particular way – all my classes are geared towards the individuals needs and I modify/tweak and adjust accordingly. Currently I teach Vinyasa Flow, Hot Yoga, Hatha Yoga, Beginners Yoga, Ante and Post-natal yoga. I also teach a number of private clients at my home studio. In addition I offer Health and Wellness advice to individuals, companies and schools where I also run wellness workshops and conferences. I never take things too seriously and believe that life should be fun. Yoga is a way of learning to connect with and understand your own body – discover your stressful spots and how to release them and then choose to prevent that stress happening in the first place! It's about keeping your body and mind in a state of balance and "ease".

My claim to fame is I once texted Chris Evans and offered to sort out his wonky bits and the next day found myself live in the Studio at BBC Radio 2 being interviewed about yoga and putting Johnny Saunders through his paces. More recently I was called to do Desk Yoga over the phone with Chris live on the BBC Radio 2 Breakfast Show! I can face any challenge life throws my way now after that experience!

To contact Carole see below and visit her website for Yoga apps, free videos, wellness advice and online yoga courses.

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