

Katie Kalyani

N e s s

YOGA TEACHER
& HOLISTIC MENTOR



Katie Kalyani is an intuitive Ayurvedic yoga teacher (with specialism in Ayurveda and yoga for women's health & pregnancy), She is also a women's circle facilitator and reiki master teacher based in London. Her teachings are holistic, down to earth, rooted in mysticism and the rhythms of nature. She incorporates Chakra balancing, working with goddess archetypes and sacred ceremony into her workshops.

Her classes are of a sensory nature and steeped in nourishing sweetness, love and a glimmer of magic. Katie enjoys blending yoga, somatics, Belly dance, counseling skills, nature magic and energy healing with sacred beauty.

Contact her for classes, workshops, retreats and Reiki Attunement trainings.

Email: katieyogabee@gmail.com

 [@katie_wild_yogi](https://www.instagram.com/katie_wild_yogi)

HATHA | PREGNANCY | TEENS | KIDS |
WOMEN'S CIRCLES | REIKI

Yoga & Holistic Training

200 hour Yoga Teacher Training with Jai Wellness

Yoga Alliance accredited Yoga & Ayurveda
Instructor Program. Bali, March/April 2019

18 hour Pre/Postnatal Ayurveda & Yoga Program with Jai Wellness

Yoga Alliance accredited CET. Ayurvedic
guidance & support for pregnancy. January
2021 (*further training forthcoming to teach
asana/sequences for Pregnancy*)

70 hour Yogic Women's Circle "Be Durga" training with Be Woman Project

Yoga Alliance accredited to lead women's circles
steeped in Vedantic teachings of Goddess, Bali,
February, 2019

50 hour Yogic Women's Circle "Be Lakshmi" training with Be Woman Project

Yoga Alliance accredited to lead women's circles
steeped in Vedantic teachings of Goddess, Ibiza,
September, 2018

50 hour Teen Yoga Teacher Training/Level 3 Sports Coaching with Teen Yoga Foundation

Yoga and Mindfulness to Teens age 12-18, Bath,
August 2017

30 hour Kids YogaDance Teacher Training with Young Yogis Academy

Yoga and Mindfulness to kids, Brighton, April 2016

The Philosophy of Yoga Certificate, graded Upper 2:1

With Oxford University's Hindu Studies Program,
January, 2015

Further Holistic Training

Usui Reiki Master Teacher Training

with Jo Nettleton, Sheffield UK, August 2019

I am now available to facilitate Reiki Attunements

Usui Shamanic Reiki Level two Attunement

with Joanna Lewins "The Love Yogi", Bali, April 2019

Traditional Usui methods with Shamanic modalities

Usui Reiki Level one Attunement

with Veronica Friend, Totnes, UK, October 2014

Traditional Usui methods with Crystal healing

Chakra Balancing Level 3 Practitioner

Natural Therapy Studios, 2014

Mental Health Training

Counselling Skills Level 2 Grimsby Institute, 2018

Art: It's Place in Therapy Diploma, graded Distinction. BSY College, 2015

Understanding Eating Disorders Level 3, graded Distinction. Stonebridge College, 2014

Understanding Psychological Trauma Level 2, Broadreach House, May 2014

If you wish to see more mental health qualifications and employment, you may request my Support Work resume.

Yoga Teaching

Bee You Women's Wellness Retreat, Bulgaria July 2022 (Forthcoming)

Daily Ayurvedic yoga classes and sharing circles for women. Also includes Belly dance workshop, dream catcher making and Reiki session.

Burning Woman Festival July 2021

Wild Women Dreaming Workshop: 2.5hour women's circle with gentle yoga and dream-catcher making.

Rhythm of Beauty: Alignment day retreats (Quarterly) 2021 (current)

Gentle Ayurvedic Hatha Yoga and Belly Dance with seasonal alignment massage & beauty products.

Secret Garden Festival, Liverpool July 2021

Womb yoga within a Women's Circle. Includes foot massage with oils.

Yoga Loft, Plymouth 2017-2018

Adult Belly dance with yoga workshops (co-facilitated) and Children's yoga classes.

Social Media and Publications

- Social Media Manager/Content Writer for the *Be Woman Project*. Sept 2018-2020
- Social Media Assistant, Content Writer & Tech Support for *Teen Yoga Studio Online*. September 2020.
- Social Media Manager/Content Writer for *Burning Woman Festival*. Jan 2021 to present.
- Published wellness writer for *Yogi Approved* with thousands of readers reading my articles.
- Published writer for *Rebelle Society* on lifestyle and spirituality.
- Published article for *Elephant Journal*, 2017.
- Published in PRINT for *Kindred Spirit Magazine* "Goddess in all Women: A return to the sacred circle"
- (Forthcoming) PRINT for *Burning Woman Book* "Phoenix Rising" Sisterhood Stories.

Other/Extra Skills

- BA HONS Fine Art & Design Upper 2:1, University of Central Lancashire, 2012
 - Final Cut Pro, Adobe Premiere, Photoshop, Calendly, Zoom, MailChimp.
 - Canva, Metadata, SEO, Wordpress, holistic inbound marketing, Content writer
- Please request my admin/social media management resume for more information.*