



London  
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## Harriet Lai

Harriet has over 10 years of yoga experience and turned her passion into a teaching journey after completing her yoga teacher training. She offers group and one-on-one online sessions that blend pranayama, meditation, and thoughtfully designed yoga sequences. Known for her hands-on adjustments and personalised guidance, Harriet creates a safe and supportive space for all levels. Her classes focus on balance, mindfulness, and self-connection, leaving students feeling refreshed, centred, and inspired to grow both on and off the mat.

### Employment History

#### Yoga Teacher at Integrity Centre , London

October 2024 — Present

- Assist Senior Yoga Teacher Alina Bialek in her dynamic vinyasa yoga classes
- Give hands-on adjustments to students
- Attend training workshops to ensure my teachings were on trend with the latest and most up to date fitness findings.
- Work to ensure safety, comfort, and fulfillment of all members.
- Promote a calm, welcoming, and fun atmosphere for all members.

### Education

#### Yoga Teacher Training 200 Hrs , Integrity Centre , London

May 2024 — Present

### Skills

- |  |   |
|--|---|
| <input type="radio"/> Hands-on adjustment            | <input type="radio"/> Meditation                                |
| <input type="radio"/> Pranayama breathing techniques | <input type="radio"/> Strong Interpersonal Communication Skills |
| <input type="radio"/> Effective Lesson Planning      |   |

### References

#### Alina Bialek from Integrity Centre

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