



MEG CHATTERTON

Yoga Teacher - Vinyasa, Power, & Yin

CONTACT

megchatterton@icloud.com

Instagram: megcyoga

TRAINING

200HR YTT

One Yoga, Koh Phangan, Thailand

January - February 2024

ADJUSTMENTS, 9HR INTENSIVE

The Space Studio, Bath

February 2025

SKILLS

Communication

Creativity

Spanish (Conversational)

First Aid Trained

TESTIMONIAL

"Meg has been absolutely fantastic during our private sessions. She has guided us with great care and patience, helping us master asanas, refine our posture, and deepen our understanding of yoga breathing techniques. Her expertise and passion for yoga are truly inspiring."

REFERENCES & CLASS RECORDINGS

Provided upon request.

SUMMARY

A passionate Yoga Teacher with experience in teaching Vinyasa, Power, and Yin, as well as running private sessions and facilitating workshops. In my classes, everyone is welcome and accepted, I provide variations and options, making the practice accessible for all. My classes focus on linking body, mind, and breath, exploring how each element can work in harmony to create a sense of balance and ease.

EXPERIENCE

STUDIO CLASSES

11:11 Yoga Studio & Santosha Studio

June 2024 - Present

- Plan & deliver regular yoga classes including pranayama, asana, and meditation.

TEACHING ABROAD

Thailand & Cambodia

January - May 2024

- Work exchanges including delivering daily yoga classes, interacting with guests, and other tasks as required.

PRIVATE SESSIONS

February 2024 - Present

- Conduct online and in-person private sessions tailored to the individual, including follow-up materials.

WORKSHOPS

Ongoing

- Plan & deliver a range of extended sessions and workshops with different focuses for example, arm balances and Wadu Ryu Karate tailored.