



# Alex West

## Yoga Instructor

Alex has been teaching Yoga at the Club since 2003 and is a Senior Teacher and a Teacher Trainer with the Yoga Alliance UK and Level 3 Member of The Register of Exercise Professionals (REPS).

Alex qualified as a Yoga Teacher in 2003 after a two-year apprenticeship at the West London Yoga Shala and six-month study trip in India. His knowledge of the energy systems of Yoga combined with a practical understanding of western anatomy and physiology to underpin clear and precise explanations that facilitate both your achievement in and understanding of Yoga.

Alex has also studied and travelled extensively throughout Asia and South America studying Yoga and other healing arts.

He teaches one-to-one Yoga by appointment and group classes.

You can find Alex's schedule below:

### **Tuesday**

Hatha Yoga, 6.00-7.00pm

Yin Yoga, 7.00-8.00pm

### **Friday**

Vinyasa Flow Yoga, 7.30-8.00am