**Tamara Britten**

I enjoy the playful styles of yoga. In yoga – as in life – I believe in trying, falling, laughing and getting up again. The foundation of my yoga is Vinyasa Flow – I love flowing sequences and the fusion of movement and breath. Using the techniques of Vinyasa Flow, I’ve expanded my practice into SUP yoga, aerial yoga and acro-yoga; these styles give me the opportunity to experiment, to practise and to play.

I’m 400hrs certified by Yoga Alliance. I did my first 200hrs teacher training with Karuna Yoga Journeys in Vinyasa Flow on the island of Lamu, Kenya. I followed this with 200hrs teacher training with ULU Yoga in multi-styles – aerial yoga, acro-yoga, SUP yoga and Hatha – on the island of Koh Phan Ngan, Thailand.

As well as yoga, the two things I enjoy most in life are reading and travelling. Complete immersion in a book to the point where I feel I’m living with its characters is one of my greatest joys. And I will never get tired of arriving in a new place, discovering a different culture and experiencing new things.

I’ve enjoyed dance and gymnastics all my life. As a child I loved backflipping into water, or jumping off cliffs into rock-pools, and I still do! I believe that when we try new things, we focus entirely on the fresh activity and let go of all outside distractions. This is a form of meditation in motion, which is the basis of yoga. I also believe that when we incorporate this movement and breathing into our days, it becomes a way of life not a part-time activity. Yoga isn’t just on the mat – or on the SUP – it’s all day, every day. Health, mindfulness, movement and fun fuse to form yoga.

So many yogis in so many countries have helped me along my yoga path and I owe my love of yoga to all of them.