

Tiffany Bown



Tiffany has been teaching Yoga and Qigong for more than 10 years but her fascination with movement, the internal arts and healing naturally began in China in 1998, when she was struggling to conceive her first child.

Her personal practice and her teaching centre around using movement as a tool for self-inquiry and for tuning into the cyclical forces that turn within us human beings just as they do in the rest of nature. In all her teaching, she favours mindful slowness, encouraging connected absorption and self-reverent movement.

She is registered as a Senior Yoga Teacher with Yoga Alliance Professionals and is a qualified Lotus Neiging Qigong teacher.