



# GLORIA WILKINSON

## Professional Yoga Teacher and Fitness Instructor

### Profile

World class exercise and nutrition professional with ten years experience. My yoga training incorporates Hatha, Vinyasa Ashtanga and Yin Yang styles. I am an officially licensed Zumba and instructor and taught Les Mills Body Balance for many years .

I welcome all ages and abilities to my classes and my training includes an Exercise Referral Diploma that helps clients manage chronic illnesses and conditions with exercise. I have a specialist qualification in exercise for lower back pain.

I love teaching and building a rapport with my students, some of whom have been attending my classes for the whole ten years. Having recently relocated to Cambridgeshire, opened my own boutique home studio. Perfect for the personal touch or shy participant.

I find huge satisfaction in helping others find their inner strength, focus, balance, beauty, confidence and determination .

In my spare time I enjoy horse riding and spending time with my family including my rescue-dog Mani. I love to travel and enjoy meeting new people.

### Contact

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### Address

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March Cambridgeshire  
PE15 0RR

## QUALIFICATIONS

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### MASTER YOGA DIPLOMA

2016 - Present

Level 3 Yoga Teacher Training

Level 3 Exercise Referral Diploma

Level 4 Exercise for Low Back Pain Certificate

### EXERCISE TO MUSIC QUALIFICATION

2012

Level 2 Exercise to Music Instructor

Incorporating Anatomy and Physiology

### ZUMBA

2011 - 2023

The original fun-fitness  
dance programme set to music

### STRONG BY ZUMBA

2016 - Present

Unique music-led high-  
intensity workout

### BARRE INSTRUCTOR

2022 - Present

Ballet inspired fitness  
combining Pilates, yoga  
and ballet moves.

### ZUMBA STEP

2016 - 2023

Dance power with additional  
toning &  
strengthening power of Step  
aerobics

### ZUMBA GOLD

2022-2023

### ZUMBA TONING

2021-present

### ZUMBA GOLD TONING

2022-2023

### LES MILLS BODY BALANCE

2014 – 2021

Advanced Instructor 2015

A motivating blend of yoga,  
Pilates and tai chi

## CURRENT TEACHING LOCATIONS

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After teaching for 10 years in London I am now living and teaching in Cambridgeshire.

I also teach In Person 1-2-1 sessions in my own beautiful home studio 1-2-1 sessions with older persons and persons with learning challenges in their own home or residential facility.

Rose and Pose Retreats - 1 day workshops, wellness through creativity and yoga. A day for you. and coming soon Water Warrior and Kinisi Flow.

Currently teaching Barre and Breath group classes in March Cambs. Its a great combination of barre and yoga.