



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 Manni. I love to travel and enjoy meeting new people.

QUALIFICATIONS

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 - Present
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.

CIRCLMOBILITY

2024

ZUMBA STEP

2016 - Present
Dance power with additional
toning &
strengthening power of Step
aerobics

ZUMBA GOLD

2022-Present

ZUMBA TONING

2021-Present

ZUMBA GOLD TONING

2022-Present

LES MILLS BODY BALANCE

2014 – 2021
Advanced Instructor 2015
A motivating blend of yoga,
Pilates and tai chi

CURRENT TEACHING LOCATIONS

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

I also do 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. Also Water Warrior and CirclMobility.

Currently I'm teaching Barre and Breath group classes in March Cambs together with Zumba all in one hour. Its a great combination of barre and yoga and dance and just fun to do.

Contact

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