

Having spent over 20 years in the health and fitness industry I have a wide range of qualifications and expertise. I am dedicated to learning and improving, being inspired and being inspiring. I seek out and find the most amazing people and teachers to grow and progress in my chosen fields. It's my pleasure to share with you my wide range of qualifications....

Pole Dancing Community Approved School Level 3 Advanced Instructor with the Register of Exercise Professionals no R0031775

Masters Degree in Exercise & Health Behavior City University Sports Psychology Diploma Motivational Counseling Skills Certificate Lifestyle & Nutritionalist Facilitator

Pilates Training

Stott Pilates Matwork Certificate M King Matwork Certificate Extensive training with Polestars studio and matwork Extensive training with Rebecca Leone Pilates Excel Finishing School 2 year training with Pilates Foundation Studio and Rehab PATARA Gravity Reformer and Pilates matwork course

Massage Training

Premier Sports Massage ITEC Anatomy, Physiology and Massage ITEC Aromatherapy Thai Massage Certificate Level I Thermo Auricular Therapist (Hopi Ear candles)

Fitness Training

RSA Exercise to Music Chi-Ball Instructor Fit to Perform Personal Trainer Fit to Perform Health & Fitness Leader Fitness Professionals Pre/Post Natal Instructor Cardiac Rehabilitation Certified Fit to Perform Aqua Instructor

Yoga Training

David Syes Yogabeats David Swenson Ashtanga Yoga Intro Jacqui Wan Acroyoga Gabriella Roth 5 Rhythms

Pole Dancing Training

Caterina Gennaro
Zoroya Judd 10 hours intensive training
Althea Austin
Becca Butcher
Suzie Q
Tracey Simmonds
Jeyne Butterfly
Felix Cane



Tess Taylor
Deb Riley
Pantera
Dana Myers
Fawnia
Jada Fire
Shawn Frances Lee
S Factor LA

Striptease & Burlesque Training

Jo King London School of Striptease Immodesty Blaize Jeff Costa Hollywood

Aerial Arts Training

Studio Ohm Las Vegas Aerial Showgirls LA Circus Maniacs Bristol Circus School Turkey My Aerial Home - Beckenham