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Josie Sovegjartho

Baseflow Yoga

Josie Sovegjartho is the founder of Base Flow Yoga. Inclusion and making yoga accessible for all is a prominent factor in Josie's teaching practice and therefore she works with sensitivity and acceptance. She is interested in finding ways for all to benefit from yoga whether that be in the work place, in education or in a studio setting.

She is a movement, yoga and well-being enthusiast who specialises in teaching restorative yoga to help create a sense of calm. She believes that the benefits of uniting and strengthening mind, body and breath work together can help to ground and support us in our day to day lives and in turn, bring clarity and improved health to all individuals.

With over 10 years teaching experience in leading movement practices, some of which spent as Head of Community Arts Practice and Dance Tutor at The BRIT School, her teaching in yoga and mindfulness is reflective of this. Josie links traditional yoga postures and sequences together with a sense of fun and freedom for adaptability dependent on the group.

Josie trained with Yoga London, gaining her RYT 200 Hour qualification. Josie also has a Degree in Contemporary Dance studies from the University of Roehampton, a PGCE teaching qualification from the University of Brighton Josie has also recently completed her Teen & Adolescent Yoga therapy training under the guidance of Charlotta Martinus, as well as training with Hot Pod Yoga in London.

Available for: 1:1 session and small group workshops.