

## Moira Nangle



With over 25 years of personal practice, I draw on the traditions of Hatha, Iyengar, and Scaravelli yoga to offer a slow, mindful approach that gently builds strength and awareness, using props to ensure poses are accessible..

Yoga has always been my anchor during times of stress and pressure, helping me reconnect and find balance, and it's this experience I'm passionate about sharing with others. I have completed a 200 hour Yoga Teacher Training and a Yin Level One training and engage in regular CPD. My classes create a supportive space to move, breathe, and come back to yourself.

My teaching is shaped not only by my experience on the mat, but also by my work as a qualified counsellor and coach, bringing a deeper understanding of the mind–body connection into each class