



## Kym Suttle

Dynamic Hatha  
Yoga Teacher

### What Kym can do for you...

Kym teaches Dynamic Hatha Yoga which is a demanding workout guaranteed to make you sweat. If you want to develop strength, flexibility and stamina, or lose weight, then this is the class for you. All levels are welcome though the class is quite fast paced usually (so it's excellent for people who get bored or distracted easily) – options are given for all levels of expertise. His classes are not suitable for pregnant women. Kym's background in dance influences the content of his classes and thus he usually starts with a series of gentle postures to warm up the body before challenging it. Although there is a recognisable structure to the class, no two classes are exactly the same, which means you can't switch off and operate on auto-pilot.

### About Kym...

Some people change careers during their lifetime; Kym has accumulated them instead! He originally started as an artist (painting and sculpture), then trained and worked professionally as an actor, writer, composer, director and choreographer before adding dance teacher, Shen Dao Feng Shui consultant, Reiki healer and yoga teacher to the list. He also leads yoga holidays in Turkey, Greece, Italy, Cape Town, Brussels and is always keen to hear about new potential locations.

JOSSHI  
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## Key qualifications, training and experience

- MA in Dance Studies
- Yoga teacher's diploma
- YMCA Exercise to Music Diploma
- Jazz & Contemporary Dance Teacher since 1993
- Yoga Teacher since 1996
- Yoga Holidays since 2000

## Philosophy...

"Yoga should be fun and enjoyable as well as invigorating and calming. Laughter is encouraged in class and it seems pointless to spend time doing something that doesn't make you a happier person. I love the energy of a group class because it is an opportunity to connect with some of the other people sharing the planet with you".

To find out more or to book your place in a class please ask at reception or call +44 (0)20 7723 2444. Kym is also available for private classes.

**JOSHI**CLINIC

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