

## About Liz Warrington

Born in Canada I moved to the UK in 1972 as a seven-year-old. A lover of movement from the start, I played my way through school on the netball and hockey pitches, athletics field, and gymnasium.

From school I graduated to university and to the weight rooms of gyms and aerobic studios, stepping my way into the 80's while collecting a BA in Humanities and an MA in Applied Language Studies.

In 1987 pregnant with twins, I had the most incredible experience of tuning into such a clear and simple intelligence of the body, that following their birth I found myself searching for some way of moving that honoured this connection I had discovered with myself.

I was rewarded quickly with a class that was more than just physical exercise, it was indeed a gateway to the divine! I'd come home and so it was my love affair with yoga began.

These classes taught me quite literally to stand up, bearing in mind that we are still coming to terms with our uprightness as humans beings! From here I did a teacher training course in London and Brighton with Pete Blackaby, Mary Stewart and Sophie Hoare. Mary and Sophie had both been taught by Vanda Scaravelli. A few years later I met Diane Long, who was a student of Vanda's for 23 years. She showed me that indeed I have legs and feet on which to stand and how also I have wings with which to fly!

So while their unfolding continues through both her generous teaching, and more recently that of Sandra Sabatini, another one of the few teachers to have spent many years with Vanda, it is with her spirit of enquiry I practice and teach yoga. Working from Brighton's Natural Bodies Yoga Movement and Therapy Centre between 1995 and 2005, and since then teaching one-on-one, I also lead workshops, retreats and holidays in the UK and abroad, whilst living between England and Spain.