



# ALICIA ROSCOE



## *Philosophy*

I teach with full presence, humility and an open heart. I gently ask my students to take a break from 'real' life and help them open the doors into their true nature and let the light in. I am passionate about helping people discover the beauty of the practice of yoga. I include philosophy, poetry, pranayama, vinyasa, meditation and massage in my classes and bring lightness and playfulness wherever possible.

I teach all ages and abilities, specific classes include; Hatha Yoga, Vinyasa Flow, Ashtanga-Vinyasa, Restorative Yoga and kids yoga.

## *Yoga Training*

### **Ayurvedic Marma massage course Gurukul, India, March – April 2017**

- In-depth study with an Ayurvedic doctor and classically trained Vedanta scholar focusing on the ancient practice of marma massage and meridian points
- An understanding the psychic body and meridian lines / vital pressure points in order to give deeply relaxing full body massage in order to relieve stress, emotional blockages and revitalise the entire body

### **Advanced asana, anatomy & pranayama (70hrs) Parinama Yoga, India, January 2017**

- Two week advanced teacher training focusing on pranayama and meditation practices – candle meditation, inner silence, sharing meditation, yapa meditation
- Intense asana practice; building up towards and work-shopping peak postures
- Theory: focus on fascia and whole-body anatomy-based sequencing

### **Children's Yoga Teacher Training Rainbow Yoga, London, December 2016**

- I am passionate about working with children and introducing them to the never-ending fun that is yoga!
- The options for classes for any age are limitless – e.g. Co-creating, story-telling, using music and dance, yoga statues, yoga problems, yoga shows and partner yoga
- Regardless of age, I always include quiet time, breathing exercises and meditation

### **Creative Chakra Sequencing Yoga Course (20hrs) Magda Procner, Oxfordshire, August 2016**

- An advanced practitioners course – focusing on healing and balancing the chakras
- Theoretical afternoon workshops, focusing on teaching methodology, particularly sequencing, teaching multilevel classes, safety and injury prevention and anatomy

### **Yoga ashtanga-vinyasa flow, 200Hr Teacher Training Kranti Yoga, India, January – February 2013**

- Strong foundation in asana, alignment, adjustment, teaching methodology, sequencing, anatomy, philosophy, vinyasa (flow) strength and breath
- Strong theoretical foundation including yogic mudras, theory and yoga philosophy, Patanjali yoga sutra, basic ayurveda introduction, mantras, Sanskrit and meditation

## *Yoga Teaching*

### **Children's yoga teacher, Vrindhaven Kindergarten Goa, India, February – April 2017**

- Weekly classes at international pre-school
- Designing & teaching classes for age range 2 to 5

### **Resident yoga teacher, Divar Island Retreat Guesthouse Goa, India, March 2017**

- Teaching daily classes to guests, specialising in creative ashtanga flow
- Teaching daily classes to 12 and 15 year old girls.

**Yoga teacher, Ayurveda Brothers**  
Goa, India, February 2017

- Teaching bi-weekly classes in yoga studio in Goa
- Focus on creative sequencing and specifically working with balancing certain chakras

**Resident yoga teacher, Poundon House**  
Oxfordshire, UK, June 2014 – ongoing

- Tri-weekly classes focusing on hatha slow flow, ashtanga flow & yoga introduction
- Additional focus on yoga therapy for the Over-55s

**Private client, workshop & retreat teacher**  
Central & SE England, June 2014 – ongoing

- Specialising in designing individual yoga programmes, e.g. yoga for acute arthritis
- Additional specialism in yogic philosophy and general life coaching
- Leading day retreats in conjunction with other well-being practitioners / companies; e.g. Monday Mindfulness with SallyAnne Reynolds (Yoga Light Vibes) and 'Fresh Air Fitness and Flow' events with one of Oxfordshire's leading fitness instructor Nixercise
- Yoga teacher at festivals including Innocent Smoothies Unplugged festival

**Pea Green Physiotherapists**  
Oxfordshire, UK, September 2015 – January 2017

- Teaching range of classes including: vinyasa ashtanga, vinyasa flow, hatha & hot yoga
- Helping design classes for clients recovering from injury or extreme muscle tightness

## *Pre-Yoga Life*

**Sports agent, 360 Sport Management**  
Oxfordshire, UK; September 2011 – September 2012

- Represented Olympians at London 2012 Games, including star cyclists Victoria Pendleton and Laura Trott
- Managed clients relationships with brands and with media, including organisation of public events
- Used legal background to negotiate and draft sponsorship agreements for my clients
- Perhaps most importantly, I learnt about the physical and mental dedication of highly-tuned athletes

**Trainee lawyer, Lawrence Graham**  
London, UK; Sept 2009 – Sept 2011

## *Education*

**Legal Practice Course: Distinction**  
BPP Law School, London; 2008 – 2009

**Graduate Diploma In Law: Distinction**  
College Of Law, London; 2006 – 2007

**Bsc. (Hons) Biology: First Class**  
Newcastle-upon-Tyne University; 2003 – 2006

**A-Levels: Chemistry (A), Geography (A), Biology (A)**  
**AS-Levels: History (A), Maths (A)**  
1998 – 2002

## *Testimonials; & Sister Retreats*

*The whole weekend from start to end was truly amazing. All the attention to detail with the goody bag, the safe, sacred and spiritual space you created to practice and share with one another, the amazing yoga, the music, the readings, the treatments, the food, the relaxed environment in the whole house. You both truly have very special gifts and sharing that with so many people is so special.*

**- Richa Puri**

*“Poundon House is huge yet warm, peaceful yet never lonely, fun yet relaxing. The retreat was incredibly well organised, every detail well thought out.”*

**- Natsumi Bolton**

## *Testimonials; Teaching*

*“Alicia is a relaxed and wonderfully engaging teacher. Alicia is really skilled at offering classes for all levels, offering support and encouragement to those new to yoga and more challenging asanas for those wishing to deepen their practice. I love practicing with Alicia and highly recommend her.”*

**- Sam Bowers, long term client**

*“Alicia is a truly natural intuitive teacher with a wonderful open heart. Her classes are imaginative nurturing and playful leaving you feeling light and open.”*

**- Clare Hedgecox, long term client**

*“What a great way to get going on a Sunday, I feel energised and like I have dancing all night!”*

**- Lou Wright - Vinyasa flow-dance class**

*“Alicia has such a vibrant energy, my daughter and I were totally blown away by her kids yoga classes... totally fantastic”*

**- Johanna Del Mar - kids yoga class**





## *&Sister Retreats*

**Co-founder, &SISTER Retreats**

**Established July 2015; [www.andsister.co.uk](http://www.andsister.co.uk)**

- In July 2015 I set up &Sister, a well-being events company with my older sister Natalie.
- &Sister specialise in producing unique yoga retreats and events; we collaborate with inspiring yoga teachers, incredible chefs and well-being brands and specialists.

Our philosophy is three-fold: one, to collaborate with leading lights in the well-being world; two, to create unique retreats and events that, three, in turn establish a long-lasting ever-evolving community (an &Sister &Brother-hood).

- Since &Sister was conceived we have produced 12 weekend retreats at our flagship venue and family home Poundon House as well as private retreats, workshop and events. We now have a community and growing following.
- I am involved in the complete event production, from concept, creation and collaboration to PR, marketing, social media, client liaison, bookings, hosting and accounts.

A close-up photograph of a hand holding a colorful beaded bracelet. The bracelet features a large, multi-layered flower design with white, orange, green, and pink beads. The hand has pink nail polish and is wearing a gold ring on the ring finger. The background is a soft, light green color.

*Get in Touch*

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*Find your greatness and never let it go*

- RH Fowler