



Ashley Yoga Exercising Kindness Trainer

Hi! I'm Ashley, a Yogi and fitness enthusiast with a passion for life and all things mindfulness. I am currently practicing to be a Yoga instructor in order to fulfil as many lives as possible with the benefits and positivity that yoga has given me over the years.

Yoga has got me through some really hard times including a spell of post natal depression with my first daughter. After heading down a very dark path, Yoga helped me see the light and gave me the energy and motivation to bring the light back into my life and be the best version of myself.

Like my husband, I am plant powered, a decision that I made 6 years ago and have never looked back. My body has never felt so strong and healthy and I am a massive animal lover with a passion to help as much as I can to end animal suffering in this world.

I am looking more to expand my knowledge of Yoga and to specialise more so in the Vinyasa space, however I am also a keen runner and regularly complete endurance runs to help increase my mental resilience.

I am looking forward to coming onboard with Exercising Kindness, the message resonates massively with me and my values. **My mantra is health body, healthy mind and namaste!**