



SOPHIE GOUGH

YOGA INSTRUCTOR

BIO

I am a Registered Yoga Teacher (RYT) with Yoga Alliance, based in Dublin, Ireland. My teaching styles include dynamic core vinyasa, restorative, and chair yoga. For me, yoga is about creating mental, physical and spiritual awareness. By allocating time to sit and be with myself, yoga has enabled me to rediscover and nourish my sense of self. I believe that such a simple process and powerful outcome is accessible to everyone. My personal practice consists of a mixture of self-practice and studio led asana classes three-four times weekly, and regular short mindful meditation sessions.

CERTIFICATIONS

200HR TEACHER TRAINING
SAMAHITA RETREAT, THAILAND - 2019

REFINING SEQUENCING DEVELOPMENT
TRAINING
ADAM HUSLER - 2020

CHAIR YOGA TEACHER TRAINING
LISA PHILLIPS - 2020

9HR BREATHWORK TEACHER TRAINING
BRIAN MALONE - 2021

RESTORATIVE YOGA LEVEL 1
JUDITH HANSON LASATER & LIZZIE LASATER
- 2021

DISABILITY INCLUSION & AWARENESS IN
SPORT TRAINING
TAKING FLIGHT DUBLIN & CARA - 2021

AUTISM IN SPORT
TAKING FLIGHT DUBLIN & CARA - 2021

POSTGRADUATE CERTIFICATE WORKPLACE
WELLNESS
TANGENT - 2023

PROFESSIONAL EXPERIENCE

STRETCH & SWIM - 2022 TO 2024

A 30 minute gentle asana practice on the beach followed by a sea-swim. The practice is suitable for all levels, and includes opportunities for breath-work and mindfulness. (Mixed level participants).

COVER TEACH YOGAHUB - 2022 TO 2023

Cover teacher for Flow and Restorative yoga classes in YogaHub Camden and online. (Mixed level participants).

WARRENMOUNT CDETБ - 2021 TO 2024

A weekly chair based practice that enabled participants to create a physical, mental, emotional and perhaps spiritual sense of space and awareness. Each class was a dedicated time for participants to turn their attention inward, in a safe and supported environment. (Mixed level participants).