

Training and CPD

Jilna Shah

- 2019 – 2017, **Biodynamic Psychotherapy**, various [workshops at Centre for Biodynamic Psychotherapy](#) (36 hrs)
- 2018, **The Neurobiology of Trauma & Trauma Informed Yoga practices** at [The Yoga Clinic](#), (20 hrs)
- 2018, **Graduate Certificate in Humanistic and Psychodynamic Counselling** at Goldsmiths University, (78 hrs)
- 2014, **Ashtanga and Yin Yoga teacher training** at [Zolder Studio](#), registered with [The Yoga Alliance](#), (200 hrs)
- 2016, **Hakomi Method of Mindfulness Bases Assisted Self-Discovery**, multi-level training, with the [Hakomi Education Network](#), (12 hrs)
- 2012 – 2011, **Focusing**, level 3 workshops with [Living Focusing](#), (36 hrs)
- 2008, **Introduction to Teaching English as a Second Language (TEFL)** course at University of Bristol