

Rema Wilkens

REGISTERED
YOGA TEACHER

CONTACT:

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“Yoga is for everyone, especially if you think you are ‘inflexible’. I started practising yoga 20 years ago, unable to touch my toes. Yoga changed my flexibility, strength, mental and physical health. I would like to share this powerful and spiritual practice in a way that it is accessible to everyone.”

EDUCATION

50-Hour CPD Power Yoga

MoreYoga (Yoga Alliance), London, UK (2019)

200-Hour Yoga Teacher Training

Indaba Yoga (Yoga Alliance), London, UK (2018)

M.A. International Policy Studies

MIIS, Middlebury College, Monterey, USA (2000)

Associate Degree, French

Alliance Française, Rabat, Morocco (1998)

B.A. (Hons.) Mathematics

University of Delhi, New Delhi, India (1996)

EXPERIENCE

YOGA

Yoga Instructor

Exhale Yoga, London, UK (2018– Present)

- ∞ Create and deliver 60-90-min bespoke sequences at gyms, studios, corporate venues and more
- ∞ Proficient in vinyasa flow, ashtanga, Slow flow, restorative yoga, pranayama breathing
- ∞ Practise yoga on an ongoing basis with leading London studios to continue to teach inspirational classes to my students

CORPORATE

Managing Director, Research

Aimia/Sainsbury's, London, UK (2017-2018)

Senior Director, Industry Marketing

Bullhorn, Boston, USA (2015-2016)

Director, Retail Consulting & Research

Kantar, Boston, USA/London, UK (2001-2015)