



Paul Monks

What influenced you to become a yoga instructor?

I had been practicing yoga for some years and experienced many changes, physically as well as mentally - some of which have been quite profound. I felt teaching yoga could be my Dharma (purpose in life).

What training did you do to work in your chosen profession?

I studied anatomy and physiology and gained a level 3 diploma in massage techniques in order to better understand how yoga affected the body. I studied for my teacher training certificate at Yoga Campus in London, a non dogmatic all inclusive centre of excellence.

What aspect of your job do you enjoy most and why?

Yoga has such an influence upon my life, so I guess it would be sharing whatever knowledge I have gained and possibly opening the door for others to step through.

How did you get involved with Durham House?

I was recommended to Galin by another teacher, whom I had met on a yoga for athlete's course in London.

What is the most rewarding part of your job?

That's easy! When I see a student make a connection with themselves during their practice, a new found freedom is experienced and yoga begins to make sense for them. It's that "ahh" moment. Sometimes it's the smallest change that has the biggest impact.

What tips would you give people who are worried about taking a class with you?

I would ask them to come with an open mind. To know that yoga is non-competitive and all students work at a pace appropriate to each of them. I offer modifications where appropriate and never be afraid to ask questions.

What would you tell someone who might be considering a career as a yoga instructor?

I would suggest they don't rush into it, take time to consider all the implications and their suitability. Then I would tell them to follow their dreams with passion.

What do you wish other people knew about your profession?

Yoga has the power of transformation. In the body we strive to balance the flexibility to perform, with the strength to hold; so also in the mind we must strive to balance the flexibility to perceive with the strength to discern.

What do you enjoy doing when you aren't working?

As yoga is a big part of my life, I am often buried in a yoga text or researching a particular subject. I like being around people so spend time with family and friends and love conversation over dinner and a good bottle of wine. Active holidays in the sun are also a pleasure, down time is important.