

Amy Ku Redler

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About Me

I am a dedicated and experienced wellbeing professional, currently studying for a PG Cert in Low-Intensity Psychological Interventions for Children and Young People on the Children's Wellbeing Practitioner Pathway at the University of Sussex. As an advanced trainee children's wellbeing practitioner, I work on placement at St Lawrence's C&E Primary School in West Sussex in person and online at the YMCA (Horsham). In these roles, I work with children from 7-18 years old, in a solution-based framework, using Cognitive Behavioural Therapy (CBT) based interventions to help children and young people with low to moderate anxiety, low mood, worry, problem solving and phobias. I also run psycho education workshops in these areas, as well as in sleep hygiene and healthy eating. I deliver these CBT based educations in accordance with NICE guidelines and I have been trained to provide a high quality, low intensity psychological therapy to families and groups in line with best evidence-based practice, including parenting interventions when needed in consultation and collaboration with teachers and school leaders where appropriate.

I am currently supervised by both Sussex University and Clinical Lead at the YMCA and am used to having supervision in my previous roles and training.

Prior to commencing my current studies to enable me to move into the field of Children and Young People's Wellbeing, and for the past 28 years, I have been a teacher of yoga, mindfulness and pilates working with individuals, groups, corporate clients and in wellbeing centres and spas as well as working in several rehab centres and the NHS as a complimentary therapist and yoga teacher. I have built and maintained strong relationships with regular clients and businesses where I have been adept at promoting both my business and that of others. Throughout my career I have worked flexibly with clients at evenings and weekends where needed.

Throughout my career, I have continually trained and developed my skills to offer the best quality holistic wellbeing care to my clients. In April 2018 I graduated with an MA in the Traditions of Yoga & Meditation from East Asia at SOAS University London. My dissertation was How Mindfulness Practices Can Help with Pain Management. As an honorary NHS staff member, I co-developed and ran an eight-week programme at the UCLH Pain Management Department under the Head Psychologist. We also created an app for participants to monitor their experience. I received a distinction for my dissertation.

I am a qualified Breathworks teacher and a teacher of Mindfulness Based Stress Reduction techniques and workshops with Mindfulness UK.

Mind/body techniques have been at the heart of my practice for the last 28 years due to the nature of my training. For the last 22 years I have run an annual Pilates & Yoga retreat abroad.

I have confidence, motivation and business skills in management, communication and have a real passion for working with young people and am so keen to bring the benefit of my studies and also my wealth of training in holistic wellbeing. Over the years my work has been featured in The Sunday Times Magazine,

Vogue, The London Evening Standard, Shape magazine, Time Out, The List, The Scotland on Sunday as well as appearing on breakfast television and BBC radio Scotland.

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Further Education and Professional Qualifications

2021-22 (completes July 2022)	PGCert in Low-Intensity Psychological Interventions for Children and Young People on the Children's Wellbeing Practitioner Pathway at University of Sussex
2021	An Introduction to CBT with Future Learn (online)
2016-2017	MA in Traditions of yoga and meditation from SOAS University with a Distinction in my dissertation on how Mindfulness practices can help with chronic pain.
2016	Breathworks UK Training
2016	Mindfulness UK – Mindfulness Based Stress Reduction Training
2008	Pilates Foundation mat work training, Brigid McCarthy Pilates Studio, Edinburgh
2008	University of Strathclyde, Glasgow - Post-graduate Counselling Skills
2006	Workingmen’s College, London - Introduction to Counselling Concepts
1997-2005	Advanced Teacher Training with Ashokananda, London and Thailand
2003-2004	City & Guilds, London - 7407 Teaching Qualification
1991-2003	Baby Massage Training, ITEC Massage and A&P Dip in Thai Yoga Massage, Nitya Lacoix School of Massage, Yoga teacher training with Mary Stewart London, Chavutti Thirmal, South India – training in Ayurvedic Massage

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Career Summary

2022	YMCA Downslink Group (placement with PGCert) - work with children from 11-18 years old online using Cognitive Behavioral Therapy (CBT) based interventions to help children and young people with low to moderate anxiety, low mood, worry, problem solving and phobias. I also run psycho education workshops in these areas, as well as in sleep hygiene and healthy eating. I deliver these CBT based educations in accordance with NICE guidelines and I have been trained to provide a high quality, low intensity psychological therapy to families and groups in line with best evidence-based practice, including parenting interventions when needed in consultation and collaboration with teachers and school leaders where appropriate
2022	St Lawrence C of E Primary School (placement for PG Cert) - YMCA Downslink Group (placement with PGCert) - work with children from 8-11 years old in school time, using Cognitive Behavioral Therapy (CBT) based interventions to help children and young people with low to moderate anxiety, low mood, worry, problem solving and phobias. I also run psycho education workshops in these areas, as well as in sleep hygiene and healthy eating. I deliver these CBT based educations in accordance with NICE guidelines and I have been trained to provide a high quality, low intensity psychological therapy to families and groups in line with best evidence-based practice, including parenting interventions when needed in consultation and collaboration with teachers and school leaders where appropriate
2000 – present	Freelance Wellbeing consultant, yoga, Pilates, mindfulness and Thai yoga massage Regular private 1 to 1 and group sessions for clients in London and across Sussex. Online Sessions with clients

	and group retreats and classes with individuals and companies including CPD days at Atelier 21 School.
1999 – present	Director Metta College of Thai Yoga Massage
2010 – present	Freespirit Yoga Holidays - Thai Yoga Massage Teacher
2018 - 2021	HD Pilates Studio Hove Pilates Instructor - Equipment and Mat
2016-2018	Kentish Town Pilates Studio , Pilates Equipment Teacher
2010 – present	Triyoga London – Yoga, Pilates, Thai Yoga Massage, Workshop Presenter, and Mindfulness Teacher
2015 – 2016	Down to Earth – Yoga Therapy & Mindfulness Teacher
2015	Royal Free Hospital – Complementary therapist
2015-16	UCLH - Yoga and Mindfulness Teacher
2011 – 2014	Special yoga Centre - Baby Massage teacher
2014	City Wire – 10 week mindfulness programme
2011 – 2013	The Life Centre - Pilates, Yoga and Baby Massage.
2010	Co-ran Flash Mob Yoga in Covent Garden with Tara Lee
2004 – 2006	BBC Yoga and Pilates teacher
2011	Mind Charity - Yoga teacher
2011 – 2013	In:spa / Healthy Holiday Company - Yoga Teacher
2003 – 2007	Morley College - Yoga Teacher
2009	Bishopbriggs Nursery – Toddler Yoga classes
2008 – 2010	Mar Hall Spa - Massage Therapist, Yoga and Pilates Teacher
2007 – 2011	BBC Scotland - Massage Therapist, Yoga and Pilates Teacher
2007 – 2010	Scottish Government - Yoga teacher, Thai Yoga Massage Therapist
2009 – 2010	281 Project Drug and Alcohol Rehabilitation Centre
2007	Sony, IT Department - Planning and Organising corporate event
1997 – 2007	Kailash Centre of Oriental Medicine
2001-2006.	Morley College and The Mary Ward College massage Therapist / Teacher
1996-2006.	Yoga Workshops and Diplomas at Diorama Arts Centre

1998-2002	St Luke's Drug and Alcohol Rehabilitation Centre, London Organizing and teaching Yoga to the client group. Pre and post briefing with counsellors.
2003	Thailand and England Teaching Thai Yoga Massage Therapy
1998-2001	Champneys, Piccadilly, London
1996-2001	Active Birth Centre, Assistant Baby Massage Teacher, Yoga Teacher and Practitioner of Thai Yoga Massage.
1998	218 Glasgow Drug and Alcohol rehabilitation Centre - Organizing and teaching Yoga to the client group; pre and post briefing with counsellors
1997	Assistant Teacher to Kira Balaskas (Thai Yoga Massage)
1998	Kings Corner Project - Yoga Teacher for counsellors and staff
1992-1996	Employed work for corporate company specialising in prevention of Repetitive Strain Injury with Bunny Martin.
1993	Ronin' Recordings and Parsley Sound, London On-site massage treatments for the prevention of Repetitive Strain Injury.
1993	Studio Fish Digital Media and Netro42 - On-site massage treatments for the prevention of Repetitive Strain Injury.

Interests

I am a mother of a lively 5 year old which keeps me busy in my free time. I am a keen walker and sea swimmer and have a full driving license, and an enhanced DBS certificate. I like to write poetry, sing, socialise and love to dance Tango, albeit out of practice.