



THE ANATOMY
SCHOOL

Rachel Ellery - Anatomy Teaching Bio (for website)

UK-trained Osteopath, New Zealand trained pilates rehab instructor & internationally recognised anatomy teacher Rachel Ellery, specializes in sharing her knowledge of human anatomy and movement principles to yoga students, yoga teachers, bodyworkers from around the world.

Her mantra “educating and moving the world one body at a time” stems from over 26 years of hands on experience and 17 years of teaching functional anatomy, bodywork techniques and movement. Her passion to heal others through touch and movement began while practicing sports therapy in the UK and Caribbean. Rachel naturally progressed into further education at the British School of Osteopathy graduating in 2000. Rachel has also continued training in Cranio-sacral Osteopathy, Garuda mat, dry needling, pediatrics and shown interest in Eastern medicine healing modalities Wuo Tai, Zen Thai Shiatsu, Thai Vedic Yoga and the Thai Massage Circus.

Since then, Rachel has practiced holistic osteopathy in NZ and now based in Bali, the healing capital of Asia, she travels within Bali and to yoga schools across the globe to educate yoga students in the importance of human and functional anatomy encouraging them to develop their alignment, self-awareness, teaching skills and to educate others in the wonders of the body.

She has also been teaching bespoke anatomy workshops, “ Discover the magic that lays beneath the skin” in Bali, UK, Portugal, Laos and Australia. She combines her extensive knowledge of sports therapy, Osteopathy, Pilates, Garuda, yoga and experience into a unique interactive functional anatomy and movement class, that is both engaging and fun.

As word spread about her detailed holistic approach she has had the privilege to teach with internationally renowned yoga schools, including: Les Leventhal, Embodied Flow with Tara Judelle, Xhale yoga with Bhud, Kaya Yoga with Kaya Peters, Tanya Kaps Yoga , Cat Kabira, High Vibe Yoga with Emily Kuser, Tina Nance, Denise Payn, Inner Yoga, Back to Roots, Samavesa Yoga with Colette Davis, Yoga School Institute.

The Anatomy School Social Media Links

WEBSITE: <http://theanatomyschool.com>

FACEBOOK: <https://www.facebook.com/TheAnatomySchool/>

INSTAGRAM: <https://www.instagram.com/theanatomyschool/>

YOUTUBE: <https://www.youtube.com/channel/UCSS-1ymSbTO4ELk0xVCdKHw>

Direct link Bio: <https://youtu.be/3NovNHbFEwc>

Direct link Testimonials 2016: <https://youtu.be/QkwfZx8R4EE>

Direct link Testimonials 2017: <https://youtu.be/atrhqTqXAnY>