

Hugh Poulton has a foundation of more than 35 years of yoga self-practice and subsequent teaching. Initially self-taught his practice evolved through the Iyengar tradition and then through Ashtanga with Danny Paradise from the early 1990s. Over the years he has learnt with a wide range of teachers, including John Scott, Nancy Gilgoff, David Swenson and David Williams.

He first learned Mindfulness meditation from the monastic Buddhist tradition of S.E. Asia more than 35 years ago whilst living and working in Thailand. Having studied with Senior Meditation teachers from Thailand, Burma and Sri Lanka on a regular basis ever since, today it is the teaching of Bhante Vimalaramsi that inspires and informs him. Hugh is an SYT with the Yoga Alliance Professionals in the UK and an E-RYT with Yoga Alliance US. He runs teacher training courses each year and a range of retreats and workshops in the UK and abroad.