



JANE CAMPBELL

Jane is a Complementary Therapist with over 20 years experience in Health and Wellness. Before her journey into all things holistic, she worked as a Secretary to senior management in a government agency for 25 years.

She became a 200 hour Seasonal Yoga teacher in 2022 and qualified in Advanced Yoga Philosophy and Meditation 18 months later.

Like many therapists she became involved in healing modalities after a prolonged period of ill health and burnout. Jane works 1:1 with clients from her treatment room in Dingwall, combined with running Finding Your Balance yoga, meditation and breathwork workshops and also various therapy workshops over the winter months. She has a passion in sharing her knowledge and helping clients to find joy and peace in their journey to health and healing.

When Jane isn't working (*is it really classed as work if you love what you do?*) you will find her Wild Swimming, hugging a tree, drinking coffee or walking her dog.

Link to Jane's [website](#) and [Yoga Workshops](#) page to read more about for her journey into yoga and what to expect at a workshop.

JAN BARCLAY