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AT
THE
HEART
OF YOGA

AUTUMN SUMMIT 2024

Yoga: Health, Harm and Healing

Dr Tina Cartwright is a Reader (Associate Professor) at the University of Westminster, Director of the Westminster Centre for Psychological Sciences and Course Leader of the MSc Health Psychology.

Her research has evaluated the impact of yoga on health and wellbeing in educational, NHS and workplace settings. She is passionate about helping to make yoga more accessible to all those who might gain from its health benefits.



Tina Cartwright



tina_cartwright_yoga

Having a long-standing personal practice of meditation and yoga, she qualified as a yoga teacher in 2014 and teaches in the workplace and community.

Tina is also a HCPC registered health psychologist.