**Isabel’s formal biog - 2019**

Isabel originally studied Experimental Psychology at Oxford University and practised martial arts for 14years; along the way she attained two black belts in Kickboxing and Kung Fu. Following an injury, she was introduced to acupuncture which had a profound effect not only on the physical trauma but also led to unanticipated emotional healing.

She studied Acupuncture and Tui na at City College of Acupuncture in London where she met Sarah Pritchard. During this time, she began to work as Sarah’s apprentice and teaching assistant. She is now working with Sarah to create continuing education courses, live and online. Isabel and Sarah have developed a way of working together that integrates their skills and complementary natures. They relish the opportunity to work together in clinic (as a pair) when they can with those who come for help and healing.

In her practice, Isabel enjoys integrating Tui na, acupuncture and more recently sound therapy. She has trained with Don Conreaux, and in Acutonics with Jude and Paul Ponton in Seattle. She is particularly interested in working with the psycho-emotional roots of pain and illness.

Together with Sarah she runs regular gong and sound baths, sound ceremonies and women’s circles in North London and at Blackheath Complementary Health Centre.

Isabel taught martial arts for 9 years. She also a trained yoga teacher and Reiki practitioner.