



### **Dr. Lucy Arnsby-Wilson**

Lucy is the founder and director of The MAYA Project. Lucy says:

'I was first introduced to yoga at 1998, at 18 years old, in the New Cross Iyenga Institute in London. At a time of inner turmoil and chaos the practice showed me home. To an inner light I had long forgotten. I left in tears. I had thought the purpose for being in London was to study Psychology so this is what I did finally completing a BSC, MSC and then a Doctorate in Clinical Psychology in 2008. During this time, I also had the fortune of working on a home education program for children with Autism. I learnt so much from them and knew it was imperative that I share yoga with them too. This was because unlike many of the other tools, methodology, theories and programs I had been taught, Yoga started with what was right with them-just as it had reminded me. With little experience but seeing huge potential and possibility in this work, in 2005 I borrowed money to go to New York as had an urgency to study directly with the internationally renowned Sonia Sumar in the Yoga for the Special Child methodology. For many years I worked alongside Sonia and the incredible Jo Manual at the Special Yoga Centre and have not stopped offering these practices since. I completed the yoga for children, yoga for teens and several Yoga for the Special Child Trainings with these fab women!

In 2009 I became a mother and my children are definitely my biggest teachers alongside all the wonderful young people I work with. Becoming a mother led me to studying with the wonderful Uma and Nirlipta Dinsmore Tuli training in Pregnancy Yoga, hypnosis for birth, Early Years Yoga and with the Yoga Nidra Network.

I now work in the community, in the NHS (Clinical Psychologist specialising in Autism) and for GARAS (Gloucestershire Action for Refugees and Asylum Seekers) as the lead UASC (Unaccompanied and Asylum Seeking Children) trauma Clinical Psychologist.

I am an EMDR therapist and love to design, develop and deliver teacher training programmes for professionals, parents and carers such as the Children and Young Peoples Yoga Therapy Programme with Janine Hurley, Yoga Therapy for Trauma, CPD days on Yoga for Neurodiversity and Yoga Nidra Trainings with the Yoga Nidra Network.

I am very committed and passionate about the combination of psychology, yoga and meditation for healing and wellbeing and welcome you to get in touch if you would like to know more!