

Life & loves

of a yoga teacher

OM writer Lesley Dawn quizzes yoga teachers up and down the country to reveal their life and loves

Name: Carol Trevor
Age: 46
Location: Hertfordshire
Training: BWY, yoga therapy, Vipassana meditation, sports massage
Specialisms: Hatha, pranayama, meditation, restorative, yoga nidra.

Describe yourself as a colour

Turquoise and aubergine. My star sign is Gemini (hence two colours). One minute I can be giggly and fun (turquoise), the next, serious and grounded (aubergine).

Morning or night person

I'm at my best in the mornings; I love the freshness of the new day. I can also function well in the evenings when I like to read and write. I sense there is a lower energy frequency as dusk falls which helps me to relax and focus.

Favourite meal

My mother is Japanese so I have some favourite Japanese meals and flavours that I love to cook with. I like to dish up buckwheat soba noodles in a fish-based broth with some seaweed and vegetables, or aduki beans with miso and ginger. Dahl curry with brown rice is another favourite.

Most memorable holiday

I loved Vietnam, where I went back-packing from north to south. It's a fascinating, beautiful country and the people are warm and welcoming. I also love India. My first visit was to Rajasthan.

Favourite book

The Upanishads: for inspiration all the time and to bring some wonder and grace to everyday life, as well as some very practical wisdom. I usually have them with me when I go out to teach for reference. I love to read later in the evenings, once my son is in bed. My bookshelves also contain twentieth century fiction and non-fiction. Reading got into my blood through studying French and German literature at university.



Best light-bulb moment

In 1999, I had a corporate job and attended a presentation on creativity. At the end of it, I was struck by the thought, 'I'm done here. I'm not fulfilling my potential and this job isn't my vocation'. I resigned. I started meditating every day and the answers gradually came. I got serious about yoga and took up teacher training in London out of curiosity. I followed my gut feeling into becoming a yoga teacher and haven't looked back since.

Happiest moment to date

Seeing my son for the first time and then seeing my husband's face when he set eyes on him for the first time too. That was pure joy.

Wish for anything - what would it be

The best of health for my family and friends, and contentment for my son through his life. A wider wish would be for greater compassion in an often very unsettled world. Yoga and meditation create the space we need to stop and think, to take a breath, gain clarity and act well.

Naughty but nice

Dark chocolate, definitely.