

# Whitespace Yoga & Wellbeing Studio

The moment you arrive in a space that has a special vibe, you feel it straight away. Whitespace Yoga Studio in Milton Keynes has definitely managed to capture that unique blend of being a thriving community, while staying down-to-earth, friendly, and making everyone feel welcome.

Whitespace Studio is a great success story for independent 'boutique' yoga studios. It started out as a passion project by founder, Deborah Berryman, who like most yoga teachers, grew frustrated with the lack of good space and sense of community. "All of the ingredients were there, it just needed someone to gather it all together. I wanted to give these amazing teachers a platform to educate and inspire, and give students a choice in styles and levels, as well as a peaceful sanctuary from everyday life."

The space itself is a hidden gem. Nestled in a tranquil courtyard, the studio is tucked away from the main High Street in a beautiful Grade II Listed Character Building. There are two large studios, both are flooded with natural light during the day and filled with cosy candle light during evening classes.

With rapid growth over the past 7 years, the studio has become a rich and thriving hub for the yoga community. "We quickly figured out having passionate, dedicated and highly skilled teachers was absolutely essential for our longevity. And so we developed a comprehensive and thorough Teacher Training programme to grow our own talent."

Whitespace became a national Teacher Training Centre - offering Foundation Level to new teachers, as well as Advanced Trainings in styles such as Yin and Restorative for the seasoned pros. This strategy has been key to their success, and has ensured their Yoga Teacher Training is one of the best and reputable in the country, awarded as a Centre of Excellence by Yoga Alliance.

Based in the heart of Buckinghamshire, the studio is perfectly located in the centre of England, offering a great alternative to the busy-ness of London.

## WHITESPACE STUDIO

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