Colin Beattie's Curriculum Vitae

1989-1994: Bachelor of Science (Social Science) at the University of Edinburgh

1994 to present day: swimming instructor, self-employed and for council schemes in Lisburn and for private companies, including Shaw Method in London

1998 to 2001: full-time training in the Alexander Technique at Constructive Teaching Centre, London with Walter & Dilys Carrington

1999 to 2001: Diploma of Aqua Development and Health with Steven and Limor Shaw

2001 to present day: working in private practice as a teacher of the Alexander Technique

2014 to 2017: Postgraduate diploma in Jessica Wolf's Art of Breathing

2024: Certified Instructor of Master Wing Cheung´s Tai Chi Qigong Shibashi Level 1 & Level 2

2024: Qualified to teach Jessica Wolf´s Art of Breathing postgraduate diploma

2026:Certified Instructor in Master Wing Cheung´s Tai Chi Neigong Level 3