

## Paul Gerrard - Biography

Actor / Presenter / Model / Voiceover / Yoga Teacher / Voice coach

Paul's talent is broad and versatile, drawn from over thirty years of performing. Presenting to camera, Paul is relaxed and engaging. Acting to camera he possesses an economical and compelling stillness, energised with rich characterisation.

To view website: <https://paulgerrard.actor/>



### Yoga and Voice Coaching

Paul trained as a Bikram Yoga Instructor and subsequently taught in the UK, USA, and Asia before living between London and Sydney. His teaching is also certified and accredited by The Yoga Alliance, following 1500 hours of additional training. The journey towards yoga was a natural progression, coming from a sports and movement background.

Apart from teaching yoga, Paul works as an actor, presenter, and voice coach. Integrating his knowledge to assist the training and development of yoga teachers is one of Paul's passions. His teaching emphasises the balancing of strength with relaxation, and sincerity with play. He loves to laugh. And also to practice Vipassana meditation.

Yoga students describe Paul's classes as clear, kind, and fun! During his classes students feel encouraged to explore their strengths and deepen the therapeutic benefits of their yoga practice. After practicing Paul's class you're likely to feel energised, calm, and light. He's been teaching Bikram method since 2006.

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