



Professional Profile

PERSONAL INFORMATION

Name	Hayley Scriven	
Position	Physiotherapy Assistant	
Address	Sandford House, 6-7 Lower High Street, Stourbridge, DY81TE	
Email / Telephone	enquiries@nppneurogroup.com	0800 917 3330

PROFILE

Hayley is a passionate yoga teacher and climbing instructor who is competent in guiding individuals through a variety of exercises and has a firm understanding of movement practices that enhance strength, flexibility, and balance. Hayley can offer a compassionate and integrative approach to care by blending clinical rehab support with breathwork, posture awareness and mindful movement. She is skilled at breaking down complex movement and exercises in a clear supportive way, building trust with patients of all ages and abilities, including those with cognitive or mobility challenges.

KEY SKILLS

- Calm under pressure, grounded and patient by nature. Hayley can work in emotionally sensitive environments while staying supportive, positive and professional.
- Quick to learn and adapt, able to pick up new clinical techniques, absorb new knowledge and skills.
- Excellent time management, able to manage a busy caseload and effectively balancing individual patient needs.
- Supportive team player, supporting shared goals with professionalism and care

AREAS OF EXPERTISE / OTHER USEFUL INFORMATION

Areas of Expertise

- Therapeutic movement and functional rehabilitation using yoga postures, breathwork and meditation to improve mobility, posture, balance and nervous system regulation. Breathwork and mindfulness for recovery, guiding patients through breathing techniques and grounding practises to reduce anxiety, manage pain and enhance mind-body connection. Encouraging body awareness and alignment, helping individuals understand and reconnect with their bodies through movement and education, posture assists and proprioception training. Encouraging sustainable self-care practises, movement confidence, and long-term wellbeing beyond the treatment room.

Courses Attended (a selection):

- Bouldering Teacher Certification – Association of Mountaineering Instructors
- Advanced Fist Aid Training
- Core Strength Vinyasa 200Hr Certification – Yoga Alliance Professionals, completed level 2 Anatomy and Physiology as part of this course.
- Personal Trainer, Fitness Instructor & Gym Instructor Training with Sports Nutrition- Academy for Health & Fitness- July 2025

EDUCATION

Longlands Art College
BTEC National Diploma in Art and Design
Art and Sculpture Studies

Edgecliff High School
12 GCSE's A* - C grade qualifications including English, Maths, and Science

EMPLOYMENT HISTORY

Yoga Teacher – Happy Vibes Yoga Studio

Plan and lead yoga sessions, instruct and demonstrate yoga poses. Monitor students and offer modifications and adjustments to prevent injuries and improve practice. Educate students for improving strength, posture, movement, focus and relaxation.

Climbing Instructor / Shift Manager – Boulder Central

Plan and lead bouldering sessions for individuals and groups, adults and children. Demonstrate climbing technique, fundamental skills, safety and prevention of injury techniques.