

DIRECTOR BIOGRAPHY

Yvonne Blake



Yvonne originally trained as a holistic therapist and went on to qualify as a Sports Massage Therapist in 1999. She subsequently completed a Degree and Masters in Sports Therapy at the University of Central Lancashire in 2011 & 2013. Being a fitness fanatic she has also trained as a personal trainer and Pilates instructor and is the mobility specialist in her local CrossFit gym.

Yvonne has taught sports massage for many years in further education, both in colleges and universities. She was also a Senior External Verifier for VTCT for a number of years and was involved in the writing of sports massage qualifications.

Yvonne currently has her own very busy practise specialising in working with CrossFit athletes. Yvonne has been an SMA board director since 2014 and is responsible for educational matters and managing the Regional Directors.