



## Nicola Aylward - Diamond

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Hi I'm Nicola Aylward - a physiotherapist, wife and mother of 3 children. I've always had a curiosity about the human body – how it works and how it heals. This interest led me to study physiotherapy at the University of the Witwatersrand and to practice as a sports and spinal physiotherapist both in South Africa and in the UK where I set up and ran my own practice in Wimbledon, London for many years.

My passion for the human body then encouraged me to study and practice women's health physiotherapy, as well as to study stress and its effect on the body, along with practices to help manage stress and burnout – among them mindfulness, breathwork and using dōTERRA essential oils. My work focuses on connecting people with their bodies in a time and age where we are very disconnected. I teach methods to replenish and restore ourselves, and our bodies, so that we can live healthier and happier lives. I am trained in teaching mindfulness (post graduate certificate in Mindfulness from the University of Stellenbosch and the Institute of Mindfulness in South Africa), breathwork (endorsed by Breathwork Africa), and I am a Founder and Diamond leader for dōTERRA South. I teach these and many other tools in school programs, to corporates, in workshops, the free 'Mindful Moments' I run weekly on Zoom, and in my Feminine Wisdom course, which is a course I run for women to empower and inspire them to work with their bodies to create lives filled with presence and joy.

I have loved my journey as a dōTERRA wellness advocate and have met so many like-minded people along the journey (other wellness advocates, clients and our leadership team) which has been so supportive and inspiring for me!