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AT
THE
HEART
OF YOGA

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Yoga: Health, Harm and Healing


Carola Chiarpenello is a British-Italian Yoga Therapist and Cognitive Neuroscientist currently working on her PhD in the Department of Neuroimaging at the Institute of Psychiatry, Psychology and Neuroscience (IoPPN), King's College London.

She has an MSc in Cognitive Neuroscience from King's College London with Distinction, an MSc in Social Policy and Development from the London School of Economics and a BA in International Relations from Hult International Business School.

Her PhD, in collaboration with the Neuroimaging department and the SPI Lab, investigates yoga nidra's psychoneuroimmunological mechanisms in chronic stress and depression. She wants to develop neurofeedback therapies to reduce depressive symptoms in treatment-resistant depression.



Carola Chiarpenello

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Carola has a multi-disciplinary background in mind-body therapies, neuroscience, behavioural economics, growth marketing, international development and management consultancy. Before training as a Yoga Therapist, she worked for six years as a growth marketer in the London start-up scene.

Working as a yoga therapist with clients experiencing neuropsychiatric and neurological conditions inspired her to investigate mind-body therapies' biological mechanisms. She is passionate about making complementary therapies part of the NHS.

She has lived, worked and studied in Italy, the United States, China, the UK and Rwanda.

Carola co-founded Women for Rwanda, a small charity working with genocide survivors.