

Hi, my name is Aaliyah Janes. I am currently a first-year student on the BOST (Hons) osteopathy programme.

I recently finished college and was unsure about the route I wanted to take when going forwards and progressing academically. My passion had always been pole dance and



aerial arts, in which I have been doing since the age of 7 and teaching since 17. I often felt frustrated as no courses stood out to help me to incorporate this element of my life into a working career. However, I was informed about this course by a friend of my mums who spoke to me and taught me more about the profession. Prior to research, I was unaware of what an osteopath was. However, I immediately felt drawn to the course and so I enrolled.

Since starting the course in September, I have already learnt so much. I have noticed a change in my teaching ability when applying my knowledge of the body to pole dance. The course is all inclusive to people of all backgrounds. With me starting the course with no previous experience or knowledge of anatomy, I was worried that it would be overwhelming. However, lectures take it at a steady pace and ensure that students do not feel overwhelmed when delving into new topics.

I am excited and enthusiastic to continue my journey into osteopathy, to continue progressing and learning with my peers. I will forever be grateful to have found my passion.