



Education

- 1999-2001 **Degree of Bachelor of Education**
Griffith University
Brisbane
- 1987-1989 **Diploma of Teaching (Primary)**
Queensland University of Technology
Brisbane

Training

- 2003 **Certificate IV in Yoga Teacher Training (9 month full-time course)**
www.yogarts.com.au Louisa Sear (Director), Constantine Georgoussis, Glenn Ceresoli, Lance Schuler, Dr Arne Rubinstein, Rose Baudin, Libbie Nelson, Kathryn Riding, Colleen de Winton
(Nationally Accredited Course, Course Code 15299)
Ashtanga Yoga, Iyenga Yoga, Dynamic Yoga, Pranayama, Meditation, Anatomy & Physiology Yoga Therapy, Nutrition, Injury Prevention, Yoga Philosophy & Self Inquiry
Yoga Arts, Byron Bay
- 2005 **500-Hour Yoga Teacher Training Course**
www.anatomyofyoga.com.au
(Yoga Teachers Association of Australia - Recognized Teacher Training Course) Jean Campbell, Ashtanga Yoga Studio, Newcastle
Anatomy & Physiology, Ayurveda, Sequencing, Yoga Philosophy & Yoga Therapy
- 2007 **Mindfulness-based Stillness Meditation Program**
www.gawler.org
Week Residential Teacher Training – To Teach
8 Wk Program- **Certificate of Endorsement**
Dr Ian Gawler (Ongoing annual training)
The Gawler Foundation, Yarra Valley Living Centre
- 2009 **Fine Arts Diploma - Certificate 4**
Hunter St Tafe
- 2009 4-Day Advanced Training with Dr Russ Harris,
www.actmindfully.com.au
- 2009 **ACT, Acceptance Commitment Therapy, Newcastle**
Mindfulness-integrated Cognitive Behaviour Therapy
www.mindfulness.net.au Bruno Cayoun, PsyD
Four Day Workshop, Hunter Institute of Mental Health, Newcastle

- 2009 **Mindfulness-Based Stress Reduction** in Mind-Body Medicine 7-Day
www.umassmed.edu Professional Training Retreat with Dr Jon Kabat-Zinn & Dr Saki F. Santorelli, Collaroy, Sydney
- 2010 **Australian Teachers of Meditation Association**
Therapeutic & Personal Development, Membership No 1039
www.meditationaustralia.org.au
- 2010 **Associate Member**, Complementary Therapists, Membership No 2304082034
- 2010-2011 **Openground Associate**, www.openground.com.au
- 2011 **Intensive Practicum Training in MBSR/CT**, 7 day retreat, with Dr Maura Kenny and Timothea Goddard, Sydney

Teaching Experience

- 2009-2011 **Moving Into Stillness**, Mindfulness-based yoga & meditation drop in classes, Newcastle
- 2010 **Mindfulness Yoga & Meditation**, 8 week course for staff, Newcastle East Primary School
- 2010-2011 **Mindfulness-based Stress Reduction**, 8-week courses, Newcastle
- 2007-2010 **Presenter for Hunter Institute of Mental Health**, Gawler 8 week course, Mindfulness-based Stillness Meditation & Mindful Yoga Mindful Life
- 2007-2011 **Corporate Yoga**, Sparke Helmore Law Firm & Australian Tax Office, Newcastle
- 2007 **Meditation for Doctors, 8-week course**, James Fletcher Hospital
- 2006 **Yoga for Teachers**, Hunter Valley Grammar & St. Therese's Primary Catholic School
- 2004-2010 **Golden Door Health Retreat**, 'Elysia' Pokolbin, teaching yoga & meditation classes & privates
- 2004-2009 **Ashtanga Yoga Newcastle**, Yoga Teacher for led primary series, beginners & Mysore style
- 2004 **Yoga for Sport**, St Pias & Francis Xavier Catholic Secondary Schools

Yoga & Mindfulness Workshops & Retreats

- 2011 **Non-violent Communication**, weekend training, Satyananda Yoga, Mangrove Mountain Ashram
- 2011 **"Heart of Inquiry" Dharma Facilitators Program**, 7 day retreat, insight meditation, Sangsurya, Byron Bay
- 2011 **Cari Havican, Anam Yoga**, Yoga Philosophy & Rejuvenation, half day workshop, Warner's Bay
- 2011 **Swami Satyadhama Saraswati**, Tattwas (elements) & Chakras (energy centers), day workshop, Newcastle, New Living Yoga
- 2011 **Peer Supervision**, Mary McIntyre, MBSR Openground Associate Perth, Term 2, MBSR
- 2011 **MBSR**, 8-week course, online and weekly supervision with Timothea Goddard
- 2011 **Openground**, Day of Mindfulness, Hunters Hill, Sydney
- 2011 **Openground Associates Teacher Training**, weekend, Mittagong
- 2011 **Dr Rick Hanson**, two day experiential workshop, Sydney; Deepening Equanimity • The Neuropsychology of Inner Peace & The Neurodharma of Love and Power - Practical Tools for Empathy, Kindness, and Assertiveness
- 2011 **MBSR course on line**, with Timothea Goddard Openground, 8 week course
- 2011 **Supervision, UMASS**, 4 weeks, Diana Kamila, Term 1, of MBSR course
- 2011 **Supervision, Openground**, 8 weeks during Term 1 of MBSR course
- 2011 **Sogyal Rinpoche Retreat**, Ten-day retreat, **Compassion, Death & Dying**, Myall Lakes
- 2010-2011 **Ayurvedic consultations & treatments, Mary Woolley**, Anandaveda, Newcastle
- 2010 **Peer Supervision**, Bjorn Mella, MBSR Associate Maitland, 8 weeks Term 4, MBSR
- 2010 **Supervision, UMASS**, 8 weeks, Term 4, Diana Kamila MBSR course
- 2010 **Openground**, Day Long Intensive, Mindfulness Practices, Sydney
- 2010 **Private Yoga Session**, Anam Yoga, Cari Havican, Viniyoga & Yoga Therapy, Newcastle
- 2010 **Michael de Manicor**: The Ancient Secrets of Mind and Meditation, one day Workshop, Sydney
- 2010 **Judy Apana**: 2 day retreat **Facing Death Embracing Life**, Rigpa Centre Newcastle, Reflect on lies journey, explore rituals, gain insight into Tibetan Buddhism & increase capacity for joy and forgiveness
- 2010 **Donna Farhi**: 3 day workshop, Sydney – Moving from the deep naval Centre; developing energetic connections throughout the body, to establish a strong yet mobile core. Containment & Contentment; finding an easeful relationship between the inner contents of the chest and outer musculoskeletal container. Moving outside the square; Twists, sidebends and spirals- safe increased range of movement

- 2010 Mark Robberds:** 2 day workshop, Newcastle- Introduction to Ashtanga Yoga Philosophy, Ashtanga yoga workshop, posture, breath & bandha, movement, strength & grace, focusing on effortless movements between postures. Led sun salutes and standing postures, moving into Mysore style practice
- 2010 Donna Farhi:** 3 day workshop, Sydney - Centering...Moving from the Deep naval Centre, Containment & Contentment...Exploring the Inner world of the Organ Body & Moving Outside the Square...Twists, side bends and Spirals
- 2010 Vipassana,** International Meditation Centre, Sunshine, 10 day Silence Retreat, In the Tradition of Sayagyi U Ba Khin
4-Day Retreat April 2010, Anapana
4-Day Retreat Oct 2010, Anapana
- 2010 Dr Robert Svoboda,** 3 Day Course, Ayurveda: Rasayana, Replenish our Life's Juices, An Ayurvedic Approach to Modern Chronic Conditions & Ayurveda for Women's Health, Sydney
- 2010 Donna Farhi:** Cohesion: Stability as a Source of Equanimity, 5-day workshop, Sydney. Central theme of this workshop, mobilizing inherently stable structures in the body such as the upper back, while strengthening vulnerable structures such as the lower back and neck to prevent injury.
- 2009 Vipassana (Goenka)** 10-day silence retreat, Blue Mountains
- 2009 Donna Farhi,** 5-Day Intensive, **Opening to Insight,** Sydney
A special feature of this intensive, learning to perceive the state of the koshas or sheaths. Perceiving how we are on all levels of our embodiment and learning to adapt the content, structure and sequencing of our daily practice so that our Yoga practice remains relevant to our personal needs.
- 2009 The Gawler Foundation,** Follow Up Meditation Weekend Retreat - Paul and Maia Bedson, The Yarra Valley
- 2009 Mindfulness: Can You Teach It Without Practising It? Day Workshop**
Venerable Robina Courtin, Tibetan Buddhist Nun, Newcastle
- 2009 Spinal Integration Workshop,** Five-Day Workshop, **Donna Farhi,** Sydney
The anatomy, kinesiology and functional movement of the spine, learning how to practice Yoga postures with greater efficiency and thus less strain on the back. Focusing intently on the correct transmission of force through the sacro-iliac joint and how to both prevent and alleviate discomfort in the lower back and pelvis.
- 2009 The Second International Ayurveda & Yoga Conference:** 3 Days, Sydney
Yoga Sessions with Eileen Hall, Yoga Moves and Michael de Manicor
- 2009 Post Conference Workshop: Dr Ian Gawler, Swami Samnyasananda, Petrea King & Dr Swami Shankardev Saraswati**
- 2009 Introduction to Tantra in everyday life, Dr Robert Svododa,** Day Workshop Sydney
- 2009 Yoga Conference, 3 Days, Sydney:** Michael de Manicor (Essential breathing techniques in asana, Pranayama & relaxation) Mark Whitwell (Advanced Practice: Breath, Asana & Bandha) Mark O'Brien (Asana as inquiry not achievement) John Ogilvie (Dynamic Vinyasa Purna Yoga) Duncan Wong (Yogic Arts: Warrior Flow) Marc St Pierre (Hips & Twists: Opening the Lower Back) Simon Borg-Olivier (Dynamic Rejuvenation & Relaxation with Yoga Synergy) Duncan Peak (Power Yoga-Align the Spine) Andrew Wells (Dru Yoga)
- 2009 5 Day Meditation, Insight & Drawing Retreat with Dr Ian Gawler & Dr Ruth Gawler,** Gawler Foundation, Yarra Valley, Vic
- 2009 3-Day Retreat, Ayurveda & Yoga, Swami Shankardev,** Satyananda Ashram, Mangrove Mountain
- 2009 1-Day Workshop, Yoga for Anxiety & Depression, Rishi Vivikenanada,** New Living Yoga, Newcastle
- 2009 Workshop with Jean Campbell,** Bandhas & Core Stability, Ashtanga Yoga Studio, Newcastle
- 2009 One day Vipassana meditation,** Goenka Group, Newcastle
- 2009 3-Day Retreat, Women's Spirituality,** Satyananda Ashram, Mangrove Mountain
- 2008 Sadhana & Self Study, Week Retreat - Swami Muktibodhananda,** Mangrove Mountain Ashram
- 2008 Pranic Energy & Ayurveda, Day Workshop - Dr Shankar Dev,** Newcastle Living Yoga
- 2008 The Bodhisattva's Way of Life: A Guide to Compassionate Living, Day Workshop - Venerable Yeshe Chodron,** Newcastle Buddhist Community Service
- 2008 The Gawler Foundation, Meditation Weekend Retreat - Paul and Maia Bedson**
The Yarra Valley
- 2008 Pause a Living Practice: Four-Week Course, Yoga, Mindfulness Meditation, Pranayama & Dharma - William Findlay** Newcastle
- 2008 Judy Apana: Facing Death and Embracing Life, Weekend Spiritual Retreat** Rigpa Centre, Newcastle
- 2008 Lawrence-Khantipalo Mills - What do I want to find and is it there anyway?**
Weekend Retreat, Wat Buddha Dhamma, Wisemans Ferry

- 2008 The Gawler Foundation Annual Conference:** Profound Healing- Sustainable Wellbeing, Hilton on the Park, Melbourne
- 2008 Guest Speaker:** Golden Door – Elysia Health Retreat, Mindfulness-based Stillness Meditation, Pokolbin
- 2007** Two Week Yoga Intensive (Dynamic Anatomy, Ayurveda, Yoga Philosophy & Adjusting) **Jean Campbell**, Ashtanga Yoga Studio, Newcastle
- 2007** Progressive Yoga Hatha Course (12 weeks) Yoga, Breathing & Meditation, **Newcastle Yoga Centre**, Cooks Hill
- 2007** Guided Meditation, **Geshe Sonam Thargye**, Tibetan Monks, Town Hall, Newcastle
- 2007** Happiness and Compassion Speech, **Dalai Lama**, The Domain, Sydney
- 2007** **Dr Ian Gawler**, Talk at Town Hall, Meditation & Wellness, Newcastle
- 2007** **Zen Meditation**, Drop in class, Newcastle Aikido
- 2007** **Nada Music Mantra**, Weekend Workshop - Swami Omteertha & Jignasu, Mangrove Mountain Ashram
- 2007** **Finding Peace**, An Introduction to the Practice of Meditation, 4-week course, Rigpa Education Programme, The Rigpa Centre, Newcastle
- 2007** 'How to Meditate, **Classical Meditation** - Peter McDonald, Four session Newcastle
- 2007-2011** Meditation drop in classes
(Soygal Rinpoche) **Rigpa Centre**, Newcastle
- 2006** Weekend Yoga Workshop- **Jean Campbell** - Upper Body, neck, shoulders
Inversions, Ashtanga Yoga Studio, Newcastle
- 2006** Weekend Yoga Course - **Manju Jois** (Internationally renowned Ashtanga, Yoga Teacher, son of Patabi Jois, Mysore India) Traditional Ashtanga yoga practice (Primary & Second Series) Breathing & Chanting, Ashtanga Yoga Studio, Newcastle
- 2005** **Taught at weekend Yoga Retreat**, Newcastle Ashtanga Yoga Studio, Pacific Palms
- 2005** Weekend Yoga Workshop -**Jean Campbell** Breath- Core Stability & Asana
(Postures) Ashtanga Yoga Studio Newcastle
- 2005** Dynamic Anatomy Workshop – **Jean Campbell** - Hip Joint, knees & ankles,
Yoga Studio, Newcastle
- 2004** Two Weekend Ashtanga Yoga Workshops @ **Yoga Mat**, Bondi Junction & Yoga Moves,
Paddington
- 2004** **Moving into Stillness**, Weekend workshop - **Rachel Hull**, Yoga to Go, Sydney
- 2004** One week **Yoga Lifestyle Course** – Integrating yogic principles & practices,
Cleansing, applied awareness, devotion & meditation, Satyananda Yoga Mangrove Mountain
(Ashram)
- 2003** Weekend silence retreat & Fire Ceremony, **Rose Baudin**, Main Arm
- 2003** Five day Silence Retreat - **Clive Sheridan**, Louisa Seer & Glenn Ceresoli
Yoga, Pranayama (Breathing) & Meditation, Funky Forest, Byron Bay
- 2003** 1:1 Yoga Therapy Sessions - **Libbie Nelson**, Physiotherapist, Bangalow
- 2003** Two week Ashtanga Yoga Intensive – **Jean Campbell**, Ashtanga Yoga Studio, Newcastle
- 2003** Assisted teaching meditation- **Consta Georgoussis**, The Buttery, Byron
- 2003-2009** Meditation: Self-Practice, daily practice
- 2002** Attended Iyenga Yoga Classes with **David Morley**, Novacastrian School of Yoga
- 2002** Ashtanga Yoga Weekend Workshop - **Manju Jois**, Yoga Shala, New York
- 2002-2007** Attended Yoga Synergy Classes - **Simon Borg Oliver**, Yoga Synergy,
Newtown
- 2001** 1:1 Private Yoga Sessions (Hatha Yoga) **Rajasthan, India**
- 2000-2001** Ashtanga Yoga Practice – Led & Mysore Style, with **Ian & Richard
Clarke**, Ashtanga Yoga Shala, Paddington, Brisbane
- 1998-2000** Practiced yoga in Sydney, with various yoga teachers
- 1993-1997** Practiced yoga in London, with various yoga teachers
- 1992-2009** Yoga Classes & Self-Practice
- 2003-2000** **Attended Weekly Presentations by Guest Speakers**, The Golden Door 'Elysia' Pokolbin:
Mindfulness Practices, Happiness Handbook, Ayurveda, Motivation Diet and Exercise, Pranik
Healing, Chanting and Meditation, Setting Goals to improve well being, Service to self, Why
Meditate? & Intuition

