

Saturday 30 & Sunday 31 March

YOGA WEEKEND

KATE PELL



Welcome Senior Level 3 teacher and experienced yoga teacher trainer, Kate Pell to Mackay, for this very special weekend of yoga.

Saturday 1 – 6pm

We will examine the movement of energy in the body so that you can learn to design your own practice based on what you need, when you need. We will solve and soothe some meditation hurdles in a way that is accessible for all.

Sunday 9am – 2pm

We will begin the flow in an accessible, dynamic practice for beginners right through to experienced, then continue the release through self-bodywork, nurturing restorative and deep meditation of self-acceptance and love.

Kate has trained several of Mackay's yoga teachers. This is your opportunity to learn directly with Kate and deepen your understanding and application of yoga practise.

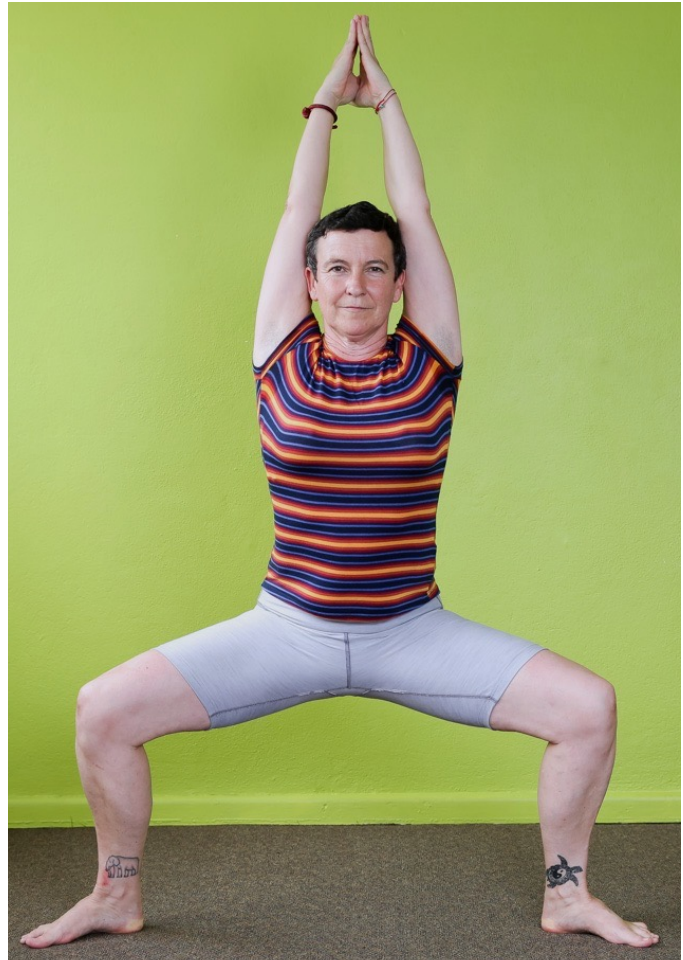
Location: 38 Grendon Street, North Mackay

Investment: \$165 Full Weekend
\$90 Single Day

Pre-Booking Essential: www.neighbourhoodyoga.com.au
Or phone Julieanne 0448 054 811

KATE PELL

Kate began in earnest the fruitful journey of yoga in India, during an 8 month Asian walkabout in 1989. She trained with Joy Spencer (Sivananda Yoga), Ri Fraser (Siddha Yoga) and Frank Jesse (Iyengar Yoga) on returning home from her travels. She spent many years without a teacher, preferring to do her own Self inquiry. In 1996 Kate studied her first teacher training course with Joy Spencer (Sivananda) and begun a few classes at the Clifton Hill yoga studio (Iyengar) and with Ri Fraser (Siddha yoga) over the following years. In 1998 Kate began teaching yoga out in the hills of Strathewen and Arthur's Creek and became a full time yoga teacher in 2000 after being fortunate enough to take over Ri's classes in Eltham.



In 2002 Kate moved to Brisbane and began another teacher training course (Iyengar) with Peter Scott. She trained with Peter for well over 5 years and during this time set up her Yoga studios in West End and Annerley. Kate hosted and learned from some of her other favourite teachers (Sue Scott, Cliver Sheridan, Simon Borg-Olivier, Donna Farhi, Pixie Lillas and Alan Goode). Another teacher training course was completed in Christchurch in 2010 with Donna Farhi.

In 2011 Kate moved to the beautiful Country town of Bowral which is situated up on the Southern Highlands, south west of Sydney.

Kate is a level 3 Senior Yoga teacher (Yoga Australia) and in 2017 she completed her double degree in Health Sciences and Traditional Chinese Medicine (Western Sydney University).

She teaches from the inner happiness that springs from within. Her joy for teaching and assisting others brings great inspiration and a deep love for life itself. Kate's joyful art of teaching can bring lightness into the dullest of days and assist you to find new ways of seeing just how brilliant and perfect you are, as you are.

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