



Dan Alder

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Welcome, I am Dan Alder. I am owner and principal teacher of *The Yoga Den: West End Yoga Studio*. I have a boundless enthusiasm and passion for yoga and self exploration. In December of 2010, my teachers Kate Pell and Zara Matthews decided to move from Brisbane to a small country town in central NSW. From this came the opportunity for me to continue The Yoga Den – indeed a very humbling task.

My teachers, although having had great teachers themselves, teach from their own inner wisdom and experience. In kind, I have not subscribed to any one discipline of yoga. It is my belief that yoga is a personal journey, and that yoga should fit the people – not the other way around. I believe all yoga is good yoga, so with experimentation and with an open mind and heart, we will blossom into our own best teachers.

I teach beginners, general (intermediate) and advanced classes. I encourage my students to explore themselves physically and psychologically. My goal as a teacher is this; I hope to help you open up to the most amazing thing in the world – you.

Namaste.

2011 – The Yoga Den

- I became owner and principle teacher of The Yoga Den – West End Yoga Studio.
- Guest teacher at Yogafest 2011.

2010 – Yoga Presence Teacher Training – 497 hrs

Senior First Aid certificate.

- Yoga Presence Teacher Training is my recognised certification to teach yoga.
- My teachers for this training were the amazing Kate Pell and Zara Matthews.

2009 – Mentoring program with Andrew Davies – 120 hrs over 9 months.

- Andy, now living back in Australia, has spent the majority of his yoga career in Saudi Arabia. Andy has studied with some of the finest teachers in the world over his 15+ year yoga practice, and been teaching for over 10 years. Andy is currently working on a Doctorate at USQ, his work will result as a valuable resource for senior yoga teacher educators.

2008 – Commitment to daily practice.

- In 2008 I became dedicated to daily asana practice. During this year I also began to refine and dedicate myself to other practices of yoga such as the yamas and niyamas.
- Yoga philosophy and TCM became interests of mine.
- Prior to 2008 yoga was an intermittent part of my life.