



Haydie Osborne

Haydie comes from a family of Yoga practitioners and has had her own practice for 17 years, teaching for the past 11 in Melbourne and Brisbane. Her background in teaching is Women's classes, General classes and Pre and Postnatal classes. She also runs Yoga workshops and retreats.

Haydie is a certified IYTA teacher with a Diploma of Yoga Teaching and is currently studying under Senior Iyengar teacher Simon Marrocco. She has completed Introductory level 1 Iyengar Teacher Training. She is passionate about her practice and is consistently developing her knowledge and experience of yoga.

Haydie is also a Naturopath with a Diploma of Applied Science and has been practicing for over 13 years. She works extensively with Women's Health and Nutrition and supports women in the varying hormonal phases of life eg menstruation to menopause including pregnancy. As well she runs workshops and writes and publishes articles on these topics that inspire health and wellbeing.

Women's Yoga

The emphasis is on poses that assist hormonal health and wellbeing. The classes are tailored for women in general and may assist women experiencing endocrine disturbances anywhere from menses to menopause. By following the body's natural cycles the aim is to create hormonal balance and equilibrium. The class considers our fluctuating energy levels, sometimes dynamic and other times restorative, bringing our focus inwards. It is recommended that the student has 10 weeks of Yoga experience, Haydie teaches with much influence from Iyengar style of yoga.

General Yoga

These yoga classes work specifically to bring the attention of our mind to our body so that we can experience the benefits of doing the asana/pose correctly.

Haydie's focus is on awareness and precision within the yoga posture. Through correct alignment and by bringing our attention to our physical body our mind is stilled and focused. We get to nurture our mental, emotional and spiritual self through awareness of our physical body. Haydie teaches with much influence from Iyengar style of yoga.

The classes are available for those with some yoga experience or that have a more developed practice. These classes are suitable for most levels of experience and fitness and aim to cater for those who may have an injury, working in a safe and supportive way to assist recovery.

0415834659

www.inspirit-health-yoga.com.au

yoga@inspirit-health-yoga.com.au