

Camille Jeboult bio.

Camille has been teaching yoga since 2002, holding a Teaching Diploma. She is a member of the Yoga Teachers Association Australia.

She completed 300 teacher training hours with Senior Iyengar Yoga Teacher, Peter Scott and continues to undertake further training with Peter as well as Sue Scott, Pixie Lillas and Glen Ceresoli. 'Yoga has given me a stability and consistency that I can refer to daily. I can better manage my tension-levels, and read the signs when I might fall back into unhelpful emotional patterns and attitudes. I try to grow with my yoga.'

She first began in movement arts in 1989 with the Korean martial art of Hap Ki Do at age 19, training intensively for 10 years to reach 2<sup>nd</sup> dan level. She taught Hap Ki Do in Brisbane from 1995. She shifted the focus from the strong martial style towards Chi Gung and Yoga practices.

In 2005 she had a son, Pierro. 'Naturally practice focus had to shift to accommodate my new friend! Less time on the mat and cushion, more time to practice the challenge of patience, selfless service, loving kindness and compassion! Happily, daily practice on the mat has been restored for the past couple of years and how much more I appreciate it now!'

She has been a practicing Buddhist in the Tibetan tradition since 2002. 'I find the mind science of Buddhism very practical in my day to day life. It provides a structure that I can work with when I find myself going off-track'.

In addition to a dedicated parenting role and teaching yoga, Camille co-ordinates events in the form of film fundraisers at Langri Tangpa Centre. She also is in business as bookkeeper with her tree worker partner, Teja.

Camille imbues her classes with warm-heartedness. She encourages students to work within their present capacity only challenging themselves into stronger work once the foundations are stable. Students are entreated to move deeply inward to find alignment that includes physical, mental and emotional balance, learning to connect with and direct the energies within.

For further details about classes and workshops please see [www.yogaasana.com.au](http://www.yogaasana.com.au)