

West end yoga studio the yoga den



43 Vulture Street
www.theyogaden.com.au

Haydie Osborne Hitchens



Haydie comes from a family of Yogis and has been practicing for 17 years and teaching for the past 10 in Melbourne and Brisbane. She has travelled extensively, living in India for half a year and has been a Yoga student of senior teachers during that time, in Australia and overseas. Her background in teaching is Women's Hormonal Health classes, General Strengthening classes and pre and postnatal classes. She also runs yoga retreats in Australia.

Haydie is a certified IYTA teacher with a Diploma of Yoga Teaching and is currently completing Iyengar Teacher training under Senior Iyengar teacher Simon Marrocco. She is passionate about her practice and is consistently developing her knowledge and experience of yoga.

Haydie teaches her classes with much influence from the Iyengar style of yoga.

Haydie is also a Naturopath with a Diploma of Applied Science and has been practicing for over 10 years. She specialises in Women's Health and Nutrition and works with women in the varying hormonal phases of life eg menstruation to menopause, As well she runs workshops and writes and publishes articles on these topics that inspire health and wellbeing.