

# West end yoga studio the yoga den



43 Vulture Street  
[www.theyogaden.com.au](http://www.theyogaden.com.au)

## Kay Ashwood



Kay was first introduced to yoga at the age of 8 by family friends. Kay's passion for yoga began in 1996. Practicing for 12 years, she has continued to explore the connection between mind, body and breath through various teachings including Ashtanga, Iyengar and Hatha Yoga.

She completed a 12 month Teacher Training Course with Kate Pell in 2006 and has been teaching for 2 years.

Kay shares her knowledge and understanding of yoga with others so that they too are able to bring yoga into their daily lives.