

Yoga has become a lifelong calling for Malcolm White (Mal).

Mal has been practicing yoga since 2002, and commenced his formal Iyengar Yoga teacher training in 2007. He is a member of the Iyengar Yoga Association and has taught yoga for two years around the Brisbane area. He is still in the early stages of a progression that may take decades to fulfil. His intention is to continue to develop and improve as a practitioner and teacher for both his own well-being and to better educate his students.

Mal teaches Hatha yoga based on the teaching of Yogacharya BKS Iyengar, each class is designed to activate the body's muscles, tone the organs, improve flexibility and relieve the stress and strain of everyday life. Iyengar yoga classes incorporate the use of props to allow students of all ages and degrees of flexibility to access correct body alignment when practicing the yoga asanas (poses).

Mal is presently a 'teacher in training' and holds a Level 1 certification from the BKS Iyengar Association of Australia. Currently he is preparing for the next level assessment, working with his mentor, Senior Iyengar Association teacher Simon Marrocco, of St Kilda Iyengar Yoga School, who has received direct training from the yoga master BKS Iyengar so that his understanding comes direct from the source of knowledge. This means that his teaching is faithful to the teaching of BKS Iyengar and is similar to all other Iyengar teachers throughout the world.

Mal is also a qualified Remedial Massage Therapist and Wat Pho Thai Massage practitioner.