

ZARA MATTHEWS



Zara's passion for yoga began in 1990 when she began her first classes and connected to the joyful calm and insights this practice offers. Zara takes an eclectic approach to her yoga practice blending the influences of many teachers and traditions including Tai Chi, Ashtanga, Siddha and Anusara Yoga into her practice. Guided by prominent teachers such as John Friend, Judith Lasater, Donna Farhi, Marcia Monroe, Eileen Hall, Simon Oliver Borg, Peter Scott, Clive Sheridan, Craig Sharp and Julie Taylor, Zara continues to immerse herself in the delights of yoga.

Zara continues her yogic studies primarily inspired by Donna Farhi and in 2010 will work with Donna as an assistant teacher at her Advanced Yoga Teachers retreat in New Zealand.

Zara is a health professional, and has worked as a registered nurse in several areas of health practice. Her greatest interest however, lies in the mental health arena and she is currently completing a postgraduate degree in Counselling and Psychotherapy enhancing many years of practical experience.

Inspired by human relationships and movement, Zara loves to share the exploration of hidden assumptions, which inform our choice and actions. Those that enrich and those that hinder present experience. Zara carries a foundational belief that through self-enquiry into our unconscious wisdom we expand mindfulness within each second of life.

Zara looks forward to sharing this exciting journey with you!