

West end yoga studio the yoga den



43 Vulture Street
www.theyogaden.com.au

Kate Pell



- 2009 - Principal yoga teacher at the Yoga Den in West End
- Jan 2009 - teaching Yoga on 7 day Vipassana Meditation retreat with Sabhana in Byron Bay
- 2007 - Principal yoga teacher and founder of The Yoga Den in Annerley
- 2003 - 2007 Principal teacher and founder of The West End Yoga Studio
- 2002 - 2005 Studied Iyengar Yoga Teacher Training with Peter Scott / Noosa
- 2000 - 2008 Began Yoga Teaching as a full time career
- 1998 Began teaching Yoga classes to the public
- 1996 - 2009 Continual practice and study of Vipassana Meditation
- 1996 Completed Sivananda & Kundalini Yoga in Melbourne
- 1995 - 2000 Siddha Yoga correspondence course
- 1989 Begun Iyengar yoga studies in India

Kate has studied with internationally renowned Yoga teachers including:

- Peter & Sue Scott -Iyengar Yoga Noosa & Melbourne
- Joy Spencer - Sivananda Melbourne
- Ri Fraser - Hatha Yoga Ocean Shores
- Frank Jesse - Iyengar Yoga Melbourne
- Simon Morrocco - Iyengar Yoga Melbourne
- Shandor Remete - Shadow Yoga Adelaide
- Netta Datta - Iyengar Yogar USA
- Pixie Lillas -Iyengar Yoga Sydney
- Allan Goode - Iyengar Yoga Canberra
- Simon Borg-Olivier -Yoga Synergy Sydney
- Clive Sheridan -Hatha Yoga Mullumbimby
- Judith Lasater -Iyengar/Restorative Yoga USA
- Donna Farhi Hatha/Mind Body Centering New Zealand

Kate blends her own unique style of yoga. Teaching from the heart, integrating asana, pranayama, meditation and philosophy. Kates school, The Yoga Den in West End is a registered Teacher training school with the YTAA. Kate is also a senior Level 3 teacher, certified with the YTAA