

KATE PELL



Kate Pell began the long fruitful journey of Yoga practice in India in 1989. She trained with a student of BKS Iyengar in Trivanduram, for two weeks and felt so remarkably changed by the experience that she continued her own practice on returning home from her travels.

Kate completed her studies in Sivananda and Kundalini Yoga in 1996 with Joy Spencer in Melbourne and studied with Peter Scott, her Iyengar Teacher Trainer at Noosa Yoga Centre from 2002 to 2005. She has had great interest in Kashmir Shiavism, studying a Siddha Yoga correspondence course from 1995 to 2000. Since 1996 Kate has practiced Vipassana meditation and more recently has supported Subhana Barzaghi, by teaching the Yoga component on her insight retreats in Byron.

Kate began teaching Yoga in 1998 to the public and in 2000 taught Yoga as her full time career. After moving to Brisbane, from Melbourne in 2000, Kate set up her own studio, 'West End Yoga Studio, and then The Yoga Den in Annerley in 2007 and now has a new studio back in West End.

Kate has been hosting regularly her present main teachers, Donna Farhi, Sue Scott, Clive Sheridan and Simon Borg-Olivier. As well as Peter Scott, Neeta Datta, Alan Goode, Pixie Lillas, Shandor Remete.

Kate is a level 3 senior teacher with the Yoga Australia.

Kate teaches from the inner happiness that springs from within. Her joy for teaching and assisting others brings great inspiration and a deep love of life itself.