

## 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 blending the influences of many teachers and traditions, which include Tai Chi, Ashtanga, Siddha and Anusara Yoga. Zara continues to hold enormous gratitude for her inspirational and prominent teachers, the likes of Donna Farhi, John Friend, Judith Lasater, Marcia Monroe, Eileen Hall, Simon Oliver Borg, Peter Scott, Clive Sheridan, Craig Sharp and Julie Taylor. Zara tirelessly immerses herself in the delights of yoga.

Zara continues her yogic studies primarily inspired by Donna Farhi and recently assisted Donna on her Advanced Yoga Teachers retreat in New Zealand.

Zara offers her many skills as one of the two principal yoga teachers and creators of the Yoga Presence Teacher Training School. Zara combines her deep understanding of yoga with a long professional history within the public and private mental health arena as a psychotherapist, counsellor and registered nurse. She offers years of practical clinical experience, insight and sensitivity to her life, her yoga teaching and work as a health professional.

Zara integrates the knowledge of modern psychotherapy with the expansive ancient wisdom of yoga. From this platform Zara offers a private counselling and mentorship service in Brisbane and Sydney.

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

Zara looks forward to sharing this exciting journey with you!