

Lisa Pollard

Biography

www.lisapollard.com

lisapollard@mail.com

0403 186 146

<https://www.lisapollard.com/about>

*Ed, Cert IV Yoga Teacher Training, Cert IV Fine Arts
Registered MBSR Teacher - Mindfulness Training Institute - Australia & New Zealand*

*Senior Teacher /Level 3 Member, Yoga Australia, Provider Number 3352
www.yogaaustralia.org.au*

Yoga Mentor - Yoga Australia

Senior Meditation Teacher - Meditation Association of Australia

ATMA Practitioner www.meditationaustralia.org.au

Endorsed by the Gawler Foundation www.gawler.org

Associate of Openground, MBSR Teacher www.openground.com.au

Relax & Renew Trainer www.restorativeyogateachers.com

NIB Provider No - 10169375

*Lisa Pollard Yoga - Yoga & Mindfulness recordings
Insight Timer, SoundCloud, Aura.*

Lisa Pollard is a trained Yoga & meditation Teacher with more than 34 years of self-practice and teaching experience, in educational, corporate, medical and organisational settings. She has been facilitating 8-week mindfulness-based interventions since 2007, including MBSR, MB-Stillness Meditation and MB-Restorative Yoga.

Lisa has been teaching Yoga in the Hunter Region since 2004. Lisa feels Yoga is an embodied organic practice which explores the interconnectedness of movement and stillness, in the spirit of self-care.

Her openhearted approach to teaching creates a warm inviting space to discover the joys of these mind-body practices.

Lisa is particularly interested in effects of restorative yoga and its application in supporting wellness and reducing stress and anxiety. She teaches weekly yoga and meditation classes and has a private practice working therapeutically with adults. Lisa predominantly works with practitioners with severe PTSD from the frontline. This work includes 8-week interventions, individual self-practice, yoga mentoring and consulting. Lisa has trained in the applications of mindfulness meditation in clinical settings, including MiCBT and Advanced training in ACT. Lisa has co-facilitated various Yoga & Mindfulness Retreats in and around the Newcastle area and overseas.

Lisa has completed extensive training in Yoga, meditation & mindfulness and is extremely grateful for many wise teachers from various traditions that have nourished her life. She enjoys sharing these teachings with the community and is passionate about finding a balance between being & doing .

Lisa is also a visual artist, who has been exhibiting her paintings since 2000, she loves photography, travel and surfing. Lisa has two children and enjoys living in the community of Newcastle.

Certificate of Currency - Berkley Insurance Australia -Professional Indemnity & Public and Products Liability - Yoga & Meditation Teacher

Policy Number - WRBNTPOLLARD-L/001

Current First Aid - St John's Ambulance ID 646472

Yoga Australia Provider Number 3352 - Senior Yoga Teacher Level 3

*Senior Mediation Teacher - Therapeutic & Personal Development
Meditation Australia ATMA No 1039*

Registered MBSR Teacher - Mindfulness & Training Institute of Australia & New Zealand

Openground Associate Teacher

Education

1999-2001 Degree of Bachelor of Education Griffith University, Brisbane

1987-1989 Diploma of Teaching (Primary) Queensland University of Technology
Brisbane

13 years Primary Teaching & Special Education; Brisbane, London & Sydney

Alger Primary School, Ipswich Primary School, Bronte Primary School, Q

Tower Hamlets, London, Primary, Reading Recovery, Gypsy & Traveller &
Liason Officer

Lewisham, UK Special Education Teacher

Catholic Education, Brisbane, Advisory Visiting Teacher, Inclusion Teacher,
Intellectual Disability

Catholic Education, Newcastle, ESL Teacher & Primary

Training & Certification with International Teachers in Yoga & Mindfulness

2003 Certificate IV in Yoga Teacher Training (9 month full-time course)

www.yogarts.com.au Louisa Sear (Director) Provider Code 6708/RTO Course Code 15299

Constantine Georgoussis, Glenn Ceresoli, Lance Schuler, Dr Arne Rubinstein, Rose Baudin,
Libbie Nelson, Kathryn Riding, Colleen de Winton (Nationally Accredited Course, Course Code
15299) Ashtanga Yoga, Iyenga Yoga, Dynamic Yoga, Pranayama, Meditation, Anatomy &
Physiology Yoga Therapy, Nutrition, Injury Prevention, Yoga Philosophy & Self Inquiry
Yoga Arts, Byron Bay

2005 500 - Hour Yoga Teacher Training Course

www.anatomyofyoga.com.au (Yoga Teachers Association of Australia - YTAA

Recognised Teacher Training Course) Anatomy & Physiology, Ayurveda, Sequencing, Yoga
Philosophy, Yoga Therapy, Yoga for Special Needs, Communication Skills, Injury Prevention &
Management, Ayurvedic Principles, Observing, assisting & adjusting, Dynamic Anatomy, Jean
Campbell, Ashtanga Yoga Studio, Newcastle

2007 7 Day Residential Teacher Training Mindfulness- based Stillness Meditation Program

www.gawler.org 8 Wk Program- Certificate of Endorsement Dr Ian Gawler

The Gawler Foundation, Yarra Valley Living Centre

2009 Fine Arts Diploma - Certificate 4, Hunter St Tafe, Newcastle

2009 7 Day Professional Training, Residential Retreat, Mindfulness-Based Stress Reduction in Mind-Body Medicine. www.umassmed.edu Professional Training Retreat with Dr Jon Kabat-Zinn & Dr Saki F. Santorelli, Collaroy, Sydney

2009 Introduction to Acceptance and Commitment Therapy, Dr Russell Harris 2 Day Training, Hunter Institute of Mental Health, Newcastle

2009 4 Day Advanced Training with Dr Russ Harris, www.actmindfully.com.au
ACT, Acceptance Commitment Therapy, Hunter Institute of Mental Health, Newcastle

2009 Mindfulness-integrated Cognitive Behaviour Therapy www.mindfulness.net.au Bruno Cayoun, PsyD Four Day Workshop, Hunter Institute of Mental Health, Newcastle

2009 8 Hour Training Mindfulness: Can you teach it Without Practicing It? Venerable Robina Courtin, Hunter Institute of Mental Health, Newcastle

2009 Post Conference Workshop: Dr Ian Gawler, Swami Samnyasananda, Petrea King & Dr Swami Shankardev Saraswati

2009 Donna Farhi - Spinal Integration Workshop, 5 Day Workshop, The anatomy, kinesiology and functional movement of the spine, learning how to practice Yoga postures with greater efficiency and thus less strain on the back. Focusing intently on the correct transmission of force through the sacro-iliac joint and how to both prevent and alleviate discomfort in the lower back and pelvis. Sydney

2009 Donna Farhi, 5-Day Intensive, Opening to Insight. A special feature of this intensive, learning to perceive the state of the koshas or sheaths. Perceiving how we are on all levels of our embodiment and learning to adapt the content, structure and sequencing of our daily practice so that our Yoga practice remains relevant to our personal needs. Sydney

2010 - 2020 - Current Associate Teacher for Openground facilitating 8 wk MBSR Interventions, Openground Associate, www.openground.org.au

2010 - 2020 Current Senior Meditation Teacher - Australian Teachers of Meditation Association
Therapeutic & Personal Development, Membership No 1039 www.meditationaustralia.org.au

2010 - 2017 Associate Member, Complementary Therapists, Membership No 2304082034

2010 Donna Farhi: 3 day workshop, Centering...Moving from the Deep naval Centre, Containment & Contentment...Exploring the Inner world of the Organ Body & Moving Outside the Square...Twists, side bends and Spirals, Newcastle

2010 Donna Farhi: Cohesion: Stability as a Source of Equanimity, 5-day workshop, Sydney. Central theme of this workshop, mobilising inherently stable structures in the body such as the

upper back, while strengthening vulnerable structures such as the lower back and neck to prevent injury. Sydney, NSW Australia

2010 Donna Farhi: 3 day workshop, Moving from the deep naval Centre; developing energetic connections throughout the body, to establish a strong yet mobile core. Containment & Contentment; finding an easeful relationship between the inner contents of the chest and outer musculoskeletal container. Moving outside the square; Twists, side bends and spirals-safe increased range of movement, Sydney

2010 Dr Robert Svoboda, 3 Day Course, Ayurveda: Rasayana, Replenish our Life's Juices, An Ayurvedic Approach to Modern Chronic Conditions & Ayurveda for Women's Health, Sydney

2011 Dr Rick Hanson, two day experiential workshop, Sydney; Deepening Equanimity • The Neuropsychology of Inner Peace & The Neuro Dharma of Love and Power - Practical Tools for Empathy, Kindness, and Assertiveness, Sydney

2011 Seminar 5 hours - Yogic Philosophy, Swami Satyadharm Saraswati, New Living Yoga, Newcastle

2011 Intensive Practicum Training in MBSR/CT, 7-day retreat, with Dr Maura Kenny and Timothea Goddard, Sydney 7 Intensive MBSR & MBCT Teacher Training involving 60 hours of training. Aimed at health professionals & educators with knowledge & practical experience in mindfulness. The program offered a theoretical framework & intervention techniques for teaching MBSR/CT in clinical and community settings.

2012 Donna Farhi, Centering Down, 4-day yoga intensive, Naval Radiation, Core Stabilisation & The Supportive Psoas, Sydney

2012 - 2020 - Current Registered Relax & Renew Trainer, 22 hours of study, Judith Hanson Lasater, Ph.D., PT, www.restorativeyogateachers.com (Level 1) Sydney

2012 Child & Adolescent Mental Health Forum, Day Forum, Newcastle

2013 Professional Development Seminar - 14 Hours - Dr Krsiten Neff, Power of Self Compassion, Sydney

2013 AG & Indra Mohan, 3 Day Yoga workshop, Sydney, The Essence of Practice: Asana, Pranayama, & Chanting • The role of asana in the path of Yoga – asana & vinyasa, asana & tapas, asana & 3 kramas • The role of pranayama in the path of Yoga • The role of sound & Vedic chanting in the path of Yoga for Mental Health - essential Yoga understanding of the mind & emotional wellbeing Yoga for Women, Sydney

2013 Donna Farhi, The Heart Aroused, 5 day intensive, Reconnecting with our inner wilderness territory; using the practice of Yoga to bring clarity & courage to the journey. A special emphasis of this intensive will be on learning to open to our physical body as well as

energetically, emotionally, & spiritually. A special feature of this intensive will be an anatomical exploration of the heart, lungs and chest, using the truth of our anatomy and kinetic imagery as a means to have a direct experience of this often unexplored inner territory. We will also investigate finding a cohesive relationship between the anchoring ballast of the pelvis and the buoyant levity of the chest. As we find this physical balance we create a stable foundation from which to stretch & expand into new dimensions in our life. Sydney

2014 Judith Hanson Lasater, learning how to go deeper in our yoga practice," One True Thing". Four Day non-residential workshop, Sydney

2014 - 2020 Current Registered Senior Teacher / Level 3 - Yoga Australia, Provider Number 3352 www.yogaaustralia.com.au

2015 Mindfulness Training Institute Australasia - MBI Supervision/MBI-TAC Training Weekend Teaching Experience, Openground Training Weekend, Sydney

2018 Anatomy Workshop - 10 hours- 2 Day non-residential, Maria Kirsten, autonomic nervous system, physiology of breathing, anatomy & kinesiology of the spine, hips & shoulders. Anatomy based injury prevention for knees, neck & lower back. Yoga Loft, Newcastle

2018 Half day workshop. emotional and cognitive benefits of chanting & mantras, Newcastle Yoga Space, Newcastle Yoga Australia Teachers Meeting,

2019 - 2023 Current Registered Teacher - Mindfulness Training Institute of Australia & New Zealand

2019 Pranayama Teacher Training - 20 hours with Dr Gaurav Malik-Ashtak Yoga School - Certificate Number 201908SYD30

2019 - 2023 Current Registered Yoga Mentor - Yoga Australia

2022 Openground Teachers Meeting - 2 hours - Hedonic Tone

Ongoing Supervision Mindfulness-based Stress Reduction & Psychotherapy

2025 -Supervision for Trauma Informed Yoga - Amarananda Saraswati - Yoga Teacher & MBSR Teacher

2024 - Peer Supervision - Suzie Brown, Insight Meditation Teacher, MBSR Teacher

2023 - Peer supervision Kathryn Molloy, Occupational Therapist, Counsellor, Trained in EMDR, MiCBT & Primary Care Counsellor, Yoga Teacher, MBSR Teacher in Training, NZ, via Telehealth.

2023 - Peer Supervision - Suzie Brown, Insight Meditation Teacher, MBSR Teacher, ongoing

2022 - Peer supervision Kathryn Molloy, Occupational Therapist, Counsellor, Trained in EMDR, MiCBT & Primary Care Counsellor, Yoga Teacher, MBSR Teacher in Training, Mt Maunganui, New Zealand

2022 - Peer Supervision - Suzie Brown, Insight Meditation Teacher, MBSR Teacher

2022 - Peer Supervision Dr Jenny Broughton, MBSR Teacher

2022 - Trauma Focussed Peer Supervision, Tiffany Reichert, Clinical Psychologist, Mental Health Advisor, Western Sydney University

2021 Brain-spotting & Trauma Focussed Supervision, Paul Smith Psychology

2020 MBSR Peer Supervision - Rob Wainright, Clinical Psychologist & Dr Jennie Broughton, Newcastle

2019 Peer Supervision MBSR, Dr Jennie Broughton, Openground Associate Newcastle

2018 MBSR Peer Supervision MBSR Rob Wainright, Clinical Psychologist, Newcastle

2018 - 2022 - Current & Ongoing Peer supervision via Skype, Kathryn Molloy, Occupational Therapist, Counsellor, Trained in EMDR, MiCBT & Primary Care Counsellor, Auckland, New Zealand

2018 Peer Supervision, Megan Leyton, Trauma & MBSR, Simply Mindful, Canberra

2018 MBSR Peer Supervision Ben Engal, Border Mindfulness, Wodonga, Openground Associate

2017 Peer Supervision with Ben Engal, Border Mindfulness, Openground Associate

2017 Peer Supervision, Suzie Brown, Melbourne Insight Meditation Teacher, Melbourne

2015 Peer Supervision, MBSR Term 1 & 4 - Ben Engal, Openground Associate, Albury, Wodonga

2014 Peer Supervision Term 2 & 3, Ben Engal, Albury, NSW

2014 MBSR Supervision & Psychotherapy, Gemma Summers, Term 3
www.goodmind.com.au

2014 Peer Supervision, MBSR, Ben Engel, Albury, 8 sessions

2014 Supervision for MBSR Term 2, 8-week course, 7 sessions, Gemma Summers PhD, Counselling, Coaching, Psychotherapy, Supervision & Consulting. Lilyfield

- 2013 Peer Supervision MBSR, Mary McIntyre, BA, Dip Counselling, Openground Associate, Yallingup, WA
- 2012 Peer Supervision, 4 sessions, Dr Jenny Broughton, Newcastle Term, MBSR
- 2012 Supervision, UMASS, CFM 4 sessions, Diana Kamila, Term 1, MBSR
- 2012 Peer Supervision, 4 sessions, Rob Wainright & Dr Jenny Broughton, Newcastle, Term 1, MBSR
- 2012 Supervision, 4 sessions, Diana Kamila, CFM, UMASS, Term 4, MBSR
- 2012 Supervision, 8 sessions, Timothea Goddard, Term 4, MBSR
- 2012 Experiential Mindfulness, Hakomi Therapy, 6 sessions, Susan Smith
- 2012 Supervision, Timothea Goddard, Director Openground, Term 1, MBSR
- 2011 Supervision, UMASS, 4 weeks, Diana Kamila, Term 1, of MBSR course
- 2011 Supervision, Openground, 8 weeks during Term 1 of MBSR course
- 2011 Peer Supervision, Mary McIntyre, MBSR Openground Associate Perth, Term 2, MBSR
- 2011 MBSR, 8-week course, online and weekly supervision with Timothea Goddard
- 2010 MBSR Peer Supervision, Bjorn Mella, MBSR Associate, Maitland
- 2010 Supervision, UMASS, CFM 8 weeks, Term 4, Diana Kamila MBSR course

Teaching Experience Yoga, Mindfulness & 8 week MB Interventions

- 2025 Private Practice - 1:1 Private Consultations - 8 Wk MBSR Intervention, Newcastle
- 2025 Moving Into Stillness, Mindfulness-based Yoga & Meditation classes, Newcastle
- 2024 Private Practice - 1:1 Private Consultations - 8 Wk MBSR Intervention, Newcastle
- 2024 Moving Into Stillness, Mindfulness-based Yoga & Meditation classes, Newcastle
- 2023 Private Practice - 1:1 Private Consultations - 8 Wk MBSR Intervention, Newcastle
- 2023 Half Day Training Retreat, Warners Bay Private Hospital Staff - Facilitate 8 wk interventions, Introduction to the 4 Foundations of Mindfulness, Yoga, Restorative Yoga, guided practices for self care.
- 2023 Moving Into Stillness, Mindfulness-based Yoga & Meditation classes, Newcastle

2022 Private Practice - 1:1 Private Consultations - 8 Wk MBSR Intervention, Newcastle

2022. Moving Into Stillness, Mindfulness-based Yoga & Meditation classes, Newcastle

2022 Private Practice - 1:1 Private Consultations - 8 Wk MBSR Intervention, Newcastle

2021 Moving Into Stillness, Mindfulness-based Yoga & Meditation classes, Newcastle

2021 Private Practice - 1:1 Private Consultations - 8 Wk MBSR Intervention, Newcastle

2020 Moving Into Stillness, Mindfulness-based Yoga & Meditation classes, Newcastle

2020 Private Practice - 1:1 Private Consultations - 8 Wk MBSR Intervention, Newcastle

2019 Moving Into Stillness, Mindfulness-based Yoga & Meditation classes, Newcastle 2 classes/week

2019 Led Yoga Practices with Jill Sheperd, 1 Day Insight Meditation Workshop, Newcastle

2019 Private Practice - 1:1 Private Consultations - 8 Wk MBSR Intervention, Newcastle

2018 Moving Into Stillness, Mindfulness-based Yoga & Meditation classes, Newcastle 2 classes/week

2018 Retreat, Rest & Renew, Facilitated 4 Day Residential Yoga & Mindfulness Retreat, Kincumber

2018 Led Yoga Practices with Jill Sheperd, 1.5 day Insight Meditation Retreat, befriending our mind, Newcastle

2018 MBSR Facilitator Terms 1 & 4, Public Courses, Newcastle

2017 Private Practice - 1:1 Private Consultations - 8 Wk MBSR Intervention, Newcastle

2017 Led Yoga Practices with Jill Sheperd, 1 day Insight Meditation Retreat, befriending our mind, Newcastle

2017 Led Yoga Practices with Jill Sheperd, 2 day Insight Meditation Retreat, befriending our mind, Newcastle

2017 Moving into Stillness, Mindfulness-based Yoga & Meditation classes, 4 classes/ week

2017 Private Consultations; MBSR (8 week course) & developing your home practice, Yoga & Mindfulness, Newcastle

2017 MBSR Facilitator Term 1 & 4; 8 week mindfulness course & Day of Mindfulness, Newcastle 2016, Corporate Yoga, Hunter Valley

2016 Led Yoga Practices with Jill Sheperd-Insight Meditation Retreat, 2 day, Practices to develop kindness, compassion, joy & equanimity, Newcastle

2016 Led Yoga Practices with Jill Sheperd-Insight Dialogue Workshop, Newcastle, 2 Day

2016 Led Yoga Practices with Jill Sheperd-Insight Meditation Beginners Workshop, 1 Day

2016 Return to Center, Embracing Yoga, Mindfulness & Meditation, 2 Day Urban Retreat, exploring the attitudes of mindfulness, non-judgment, patience, non-striving, curiosity & letting be, Newcastle

2016 Return to Center, Summer Yoga Workshop, Yoga & Mindfulness, Niseko, Hokkaido, Japan

2016 Corporate Yoga, Sparke Helmore, Newcastle

2016 Private Consultations, Yoga & Mindfulness, Newcastle

2016 Moving Into Stillness, Mindfulness-based Yoga & meditation classes, 4 classes a week

2016 Retreat, Rest & Renew, Kincumber, Led 4 day Mindfulness Yoga Retreat, Kincumber, NSW

2016 Led Yoga Practices with Jill Sheperd- Insight Meditation Two-day workshop, Newcastle

2016 MBSR Facilitator, Term 1 & 4; 8 week course & Day of Mindfulness, Newcastle

2016 Retreat

2015 Retreat, Rest & Renew, Facilitated 4 day Residential Mindfulness Yoga Retreat, Yoga, Restorative Yoga & Mindfulness Meditation, Silence & Walking Meditation. The Heart of Yoga, Kincumber

2015 Distance Education - MBSR 8 week course via Skype, Tim Goddard, Director Openground

2015 Yoga & Mindfulness for Self-care, led practices for Yoga teachers - Bodhi Tree Yoga & Retreat Centre, Siem Reap

2015 Led Yoga , NGO school in Siem Reap, Cambodian Schools of Hope Program

2015 Led Yoga practices, 3 Day Insight meditation & Insight Dialogue Retreat, Jill Sheperd, Newcastle

2015 Led Yoga practices, 2 Day Insight Meditation non-residential Retreat, Jill Sheperd, Newcastle 2015 Led Yoga practices, 6 day Insight Dialogue Residential Retreat, with Gregory Kramer, Mary Burns & Jill Sheperd, Intoxicants & Perfections: The Challenge & Potential of Being Human, Kincumber

- 2015 Private Consultations, Yoga & Mindfulness, Newcastle
- 2015 Mindfulness-based Restorative Yoga 8 week course, Term 1 & 2 Newcastle MBRY
- 2015 MBSR, Term 1 & 4, & 1:1 8 week course, Newcastle
- 2015 Moving Into Stillness, 4 yoga classes per week, Mindfulness based Yoga & Meditation, Newcastle
- 2014 Led mindfulness-meditation, Grand Rounds, Mater Hospital, 'What is happening to our Youth? Strum and Drang & Adolescent Crisis, Newcastle
- 2014 Return to Center, Embracing Yoga, Mindfulness & Meditation, 2-day silence retreat, exploring the attitudes of mindfulness, non-judgment, patience, non-striving, curiosity & letting be, Newcastle
- 2014 Corporate Yoga, Sparke Helmore, Term 2, 9 yoga sessions
- 2014 Mindfulness based Yoga & Meditation, Teacher in-service, Wallsend Public School
- 2014 Nourish Retreat, 3-day residential weekend, taught restorative yoga & meditation, facilitated with Karen Fry, Nourish Nutrition, Noonaweena, Kulnara, NSW
- 2014 MBSR for Carers NSW, Term 2 & 3, 8-week Mindfulness-based Stress Reduction course, Newcastle
- 2014 Openground Teachers Retreat, Mittagong, NSW Lead practices yoga & restorative yoga
- 2014 Yoga sessions, Awakening the Wholesome, Insight Dialogue Retreat, with Mary Burns and Sharon Beckman - Brindley, Newcastle
- 2014 Private MBSR & MBSR 8-week courses Term 1 & 4, Newcastle
- 2014 Private Yoga 1:1, Moving Into Stillness, 4 drop in classes/wk, Newcastle
- 2013 Coming to our Senses, Facilitated an exploration of Yoga, mindfulness & nature, 2 day non-residential day retreat, tasting mindfulness through lying down meditation, sitting meditation, standing meditation, walking meditation & nurturing yoga, Newcastle
- 2013 Return to Center, Facilitated embracing Yoga, mindfulness & Meditation, 2-day non-residential silence retreat; exploring the attitudes of mindfulness, non-judgment, patience, non-striving, curiosity & letting be, Newcastle
- 2013 Private Yoga 1:1 & Moving Into Stillness, 4 drop in classes/wk, Newcastle
- 2013 Private MBSR & MBSR 8-week courses Term 1 & 4, Newcastle

- 2012 Guest Presenter, Women for Women Forum, Mindful Yoga, Newcastle
- 2011-2017 Private Yoga Consultations 1:1, Newcastle
- 2011-2107 Private MBSR session's 1:1, 8-week course
- 2009-2020 Current Moving Into Stillness, Mindfulness-based yoga & meditation drop in classes, 4 classes/week Newcastle
- 2010 Facilitated Mindfulness-Based Yoga & Meditation, 8 week course staff Newcastle East Primary School
- 2010-2019 Mindfulness-Based Stress Reduction, 8-week courses, Newcastle
- 2007-2010 Presenter for Hunter Institute of Mental Health, Gawler 8 week course, Mindfulness- based Stillness Meditation & 8 Wk Mindful Yoga, Mindful Life Course
- 2008 Guest Speaker: Golden Door – Elysia Health Retreat, Mindfulness-based Stillness Meditation, Pokolbin
- 2016 Corporate Yoga, Sparke Helmore Law Firm & Australian Tax Office, Newcastle
- 2007 Meditation for Doctors, 8-week course, James Fletcher Hospital
- 2006 Yoga for Teachers, Hunter Valley Grammar & St. Therese's Primary Catholic School
- 2005 Led Ashtanga Yoga, Yoga Retreat, Newcastle Ashtanga Yoga Studio, Pacific Palms
- 2004-2010 Golden Door Health Retreat, 'Elysia' Pokolbin, Led yoga & meditation classes & privates clients
- 2004-2009 Ashtanga Yoga Newcastle, Yoga Teacher for led primary series, beginners & Mysore style
- 2004 Yoga for Sport, St Pias & Francis Xavier Catholic Secondary Schools
- 2003 Assisted teaching meditation- Consta Georgoussis, The Buttery, Byron

Yoga & Mindfulness Experience, Workshops & Retreats

2025 Mindfulness & Functional Illness - An Online Seminar Series for Mindfulness & Compassion - Dr Gillian Deakin , each session 90 minutes - 1. What the Hell is Wrong with Me? - Understanding Functional Illness 2. I Know It's Not Just Stress - What Really Causes Functional Illness 3. Why the Biomedical System is Failing Your Clients - And What You Can Do 4. From Dysfunction to Healing - A 6 Step recovery Map

2025 Somatic Healing Summit - Online - Each session 45 minutes with information and practices. Fleet Mall, PhD, Richard Miller, PhD, Bessel van der Kolk, MD, Peter A Levine, PhD, Alex Howard, PhD, DaeEss Drea, MD, Deb Dana, LCSW, Ron Siegal, PsD, Paul Linden, PhD, Stan Eisenstein, MSW, Niraj Nail, Alberto Villoldo, PhD, Dawson Church, PhD & Alexandra Milman

2025 Yoga for Mental Health Summit - Online 7 hours, Dr Gemma Perry - Mantra, Celia Roberts - Psychosomatic Posturing, Kathryn Templeton - EMDR integration Ayurveda and Yoga Psychology, Denis Juelicher - Death, Loss, Grief - Taking up the challenge with Yoga Tools, Gary Kraftsow - Duhkha Parapama & The Wheel of Action & Consequences, Dr Lauren Tober - What depression, anxiety and trauma looks like in a yoga class, Katie de Araujo - Meaning + Metaphor- Supporting health from outside the medical system, Sat Bir Singh Khalsa - The scientific and clinical rationale for yoga in prevention and treatment of mental health conditions.

2025 Befriending Our Body through Mindful Movement, Cherise Vallet, 4 X 1 Hour Sessions - MBSR Openground Teacher,

2024 Befriending Your Body, Amarananada Saraswati - Trauma Sensitive Gentle Yoga 4 X 1 Hour Online Sessions, Openground Teacher

2024 Introduction to Ashtanga Yoga, Ulfa 1.5hr class - Sanur, Bali

2024 Gentle Pre Sunset Yoga, Nicholas Pay, 1.5hr class - Island Yoga, Nusa Lembongan, Bali

2024 Hatha Yoga & Pranayama, Embodiment & Integration - Nyree Kruegar, 1.5hr class - Nusa Lembongan

2024 Vinyasa Yoga, Power of Now 1.5hr class - Sanur, Bali

2024 Befriending Your Body, 4 x 1 hr Sessions Online - Di Shaw, Feldenkris-based Movement

2024 Core stability, 1 hour session - Zen Place - Kamakura, Japan

2024 Newcastle Insight Meditation Sangha, weekly drop in sessions, studying Gil Fronsdal - Senior Insight Meditation Teacher - Redwood City California

2024 2 Day Insight Meditation Workshop - Jill Sheperd, Wallsend, Newcastle NSW

2024 Sunset Yoga - Waikiki Hawaii - 1 Class - Hatha Yoga - Teacher Olivia

2024 Yoga Hale - Kona Hawaii - 5 Classes, Slow Flow with Debbie, Saifon Wozzley Vinyasa & Buti Yoga

2024 Yoga Classes -Open Mind Yoga Studio, Newcastle. Ongoing classes Hatha Yoga, Vinyasa, Flow and Release, Yin Yoga & Open Classes

2023 Yoga Classes -Open Mind Yoga Studio, Newcastle. Ongoing classes Hatha Yoga, Vinyasa, Flow and Release, Yin Yoga & Open Classes

2023 Yoga Classes - Human Kind Yoga Studio, Adelaide, ongoing practice for Yoga, Vinyasa Flow, Mindfulness, Pilates, MFR Yoga, Yin Yoga & Meditation, online and face to face classes.

2023 Sunrise Yoga, Flow Yoga Class, Ishigahki, Okinawa Japan 1:1 Private Led Session

2023 Hatha Yoga, Seragaki, Okinawa, Japan 1 Group Led Practice.

2022 Senior Iyenga Yoga Teacher, Alan Goode, Yoga Workshop, Yoga Philosophy, Yoga Sutras of Patanjali & Yoga, Pranayama & Restorative Yoga, 8 hours, Newcastle

2022 Full Day Retreat, Online MBSR - Di Shaw & Ingrid Jolley, 7 hours, Mindfulness & Yoga

2022 Sunset Yoga - Hawaii - 5 Classes - Hatha Yoga - Teacher Olivia

2022 Yoga at Kaimana Beach, Hawaii 1 Led Practice - Hatha Yoga - Teacher Ikaika

2022 Half day Retreat, Online Openground - Timothea Goddard, 4 hours, Ground & Vulnerability, mindfulness and guided practice.

2022 Yoga Classes at The Living Room Yoga School Coogee, Restorative, Hatha & Vinyasa

2022 Yoga Class, Darwin, Hatha Yoga, Agoy Yoga

2022 Flo Fenton - Tips on Teaching & Practicing Pranayama - 1/2 Day online training

2022 - Lives - Insight Timer - Yoga & Mindfulness - Monthly Sessions

2022 - 1.5 hr Restorative Yoga & Sound Immersion Workshop - Georgie Jones

2022 - 2 hour Online Workshop - Enhancing Immunity with Yogic Lifestyle & Practice - Flo Fenton

2021 - 2 Day Vedic Meditation Retreat - Geoff Rupp, Newcastle

2020-2022 Office Hours - Monthly 60 minutes- Judith Lasater Hanson & Lizzie Lasater

2021 Self Practice - Modified Ashtanga Sequence & Restorative Yoga

2020 Wisdom of the Body Summit - Online Summit SoundsTrue

2020 4 Day Residential Yoga Retreat, Hatha Yoga & Ayurvedic Massage, Hangnaameedhoo Island, Maldives

2020 4 Day Self Retreat, Yoga, Mindfulness, Pranayama & Self Study, Fujairah, United Arab Emirates

2019 Hatha Yoga Classes with Karen Nichols, Newcastle

2019 Iyengar Yoga Classes, Harriet Ferguson & Amanda Hood, Newcastle

2019 Half Day Yoga Retreat, Viparta, Power of Inversions, Shifting Perspective, listening to the heart's perspective. Geraldine Coren, Newcastle

2018 - 2020 Currently Ongoing study - Monthly Office Hours - Judith Lasater Hanson & Lizzie Lasater, Yoga, Pranayama, Yoga Philosophy, Restorative Yoga & Non-Violent Communication - 90 Min sessions with PDF Notes - Online Sangha

2019 - 8 Day Residential Yoga & Mindfulness Retreat, Dr Amanda Bowen and Jo Crowder, Yin Yang, 5 Elements, Pranayama, Restorative Yoga & Meditation, Santorini Cyclades Greece

2019 - 3 Day Yoga Immersion, Iran Ji An Fourouli, Pranayama, Joint Cleansing, Solar Vinyasa, Hatha Flow, Transformational Hatha, Meditation & Yin Rasa Yoga, Paros Greece

2019 3 Day Hatha Yoga Residential Retreat, 9 Huts, Kudat, Sabah, Borneo

2019 Insight Meditation & Yoga Classes, Chill Yoga Studio, Chicago, IL, USA

2019 Ashtanga Yoga Classes - Led Practice, Earthie Yogas Studio, Newcastle

2019 Ashtanga Yoga - Mysore Practice, Ashtanga Yoga Research Center & Led Primary Series with Iain Grysak, Ubud Bali

2019 Power of Now, Hatha Yoga, Iyengar Yoga & Restorative Yoga, Sanur, Bali

2019 Private Yoga Session, Yoga, Pranayama & Meditation, Sideman, Bali

2018 Yoga Class, Vinyasa Flow, Shannon Phillips, Ashram Yoga, Parnell, New Zealand

2018 Healing Trauma Summit - Online SoundsTrue, Peter Levine Somatic Experiencing; Healing Trauma Through the Wisdom of the Body. Gabor Mate; Addressing the Long-Term Effects of Childhood Trauma. Transform Trauma with Advances in Neuroscience, Spiritual Psychology, and Embodied Approaches to Healing. 30 world leaders in this field.

2018 3 Day Residential Retreat, Hatha Yoga, Yin Yoga, Restorative Yoga & Meditation, Kendo Dechabenjarat, Phuket, Thailand

2018 4 Day Residential Retreat, Exploring Classical Yoga. Yoga for mental wellbeing, branches of yoga, integrated yoga, meditation on OM, Mangrove Mountain Ashram

2017 Iyengar Yoga Classes - David Morely, Hamilton, Newcastle

2017 Half day Workshop, Jill Sheperd, Insight Meditation, maintaining a regular meditation practice, Newcastle

- 2017 Participant Observer 8 Wk MBSR Course, Dr Jennie Broughton & Hannah Perkins, Newcastle
- 2017 Half day Silent Non Residential Retreat, Insight Meditation, Donna Lavell, Newcastle
- 2017 Insight Dialogue Practice & Study Group, fortnightly practice group. Four Noble Truths; Interpersonal Suffering, Hunger, Cessation & The 8 Fold Path. Text; Insight Dialogue, The Interpersonal Path to Freedom, Gregory Kramer, Newcastle
- 2017 Wippa Yoga, Toy Wippa, Fly Yoga, Mae Tang, Thailand
- 2017 Wat Phra Singh, WatSaen Fang, Pratu Tha Phae, Chiang Mai, Thailand
2017 Wat Tham Pha Plong, Chiang Dao, Thailand
- 2017 Forrest Monastery, Mae Tang, Thailand
- 2017 Alms Giving Ceremony, Buddhist Monks Luang Prabang, Laos
- 2017 Hatha Yoga Class, Luang Prabang, with Khoun, Utopia, Laos
- 2017 Yoga Classes & Private Yoga Consultations with Karen Nichols, Newcastle
- 2016 "The Four Great Tasks" Rethinking the Dharma for a Secular Age, an Online Course with Stephen Batchelor, Realize Media
- 2016 Insight Yoga: Introduction to Meridians, Mindfulness & Yin Yoga Postures with Sarah Powers, Online 4 week course, Realise Media. An integration of yoga postures & Bhuddhadharma, along with with understandings from Chinese Medicine.
- 2016 Melbourne Yoga Shala, Led Ashtanga Practice with Jean Campbell, Melbourne
- 2016 Meditation Summit, Joseph Goldstein, Rick Hanson, Thich Nhat Hahn, Saki Santorelli, Pema Chodron, Kyodo Williams, Richard C. Miller, Tara Brach, Jack Kornfield - Online Training, Soundstrue
- 2016 The Power of Meditation, with Jack Kornfield, Thich Nhat Hanh, Sharon Salzberg, Jon Kabat-Zinn & Reggie Ray Online Training, Soundstrue
- 2016 Mindfulness Daily, with Jack Kornfield & Tara Brach, Online Training, Soundstrue

- 2016 Astanga Led Practice with Tsutomu Yonashiro, Hirafu, Hokkaido, Japan
- 2016 3 Day Residential Hatha Yoga Retreat, Yoga, Pranayama, Yoga Philosophy, Pranayama & Meditation with Karen Nichols, Wangat Lodge, Dungog
- 2016 Online Retreat with Martine Batchelor- Introduction to Mindfulness Meditation in Daily Life
- 2016 Mindfulness- based Interventions (MBI) Peer Supervision Group, Hunter Region
- 2016 Private Yoga Consultations with Karen Nichols & ongoing yoga classes
- 2016 Insight Dialogue, fortnightly practice group, continuation of the Paramis, Newcastle
- 2016 The Power of Awareness - Jack Kornfield & Tara Brach - A - 7 week online Mindfulness Training to Cultivate Clarity, Compassion & Well-Being , inclusive of group mentoring with Barbara Newell to share the ongoing practice
- 2016 Dharma Talk with Buddhist Monk- Wat Preah Inkosei, Siem Reap, Cambodia
- 2016 Yoga & Meditation Classes, Siem Reap, Cambodia, Kundalini Yoga, Hatha & Restorative
- 2015 Mindfulness Summit, Jon Kabat-Zinn, Mark Williams, Rick Hanson, Tara Brach, Vidyamala Burch
- 2015 Insight Meditation fortnightly practice group - The Parami, Ways to Cross Life's Flood- Ajahn Sucitto - Generosity, Morality, Renunciation, Energy, Wisdom, Patience, Truthfulness & Resolve, Newcastle
- 2015 Private Yoga Consultation with Karen Nichols, Core stability, pranayama, posture & sequencing, Newcastle
- 2015 Yoga & meditation classes, - Kundalini, Vinyasa, Meditation & Chanting, Siem Reap, Cambodia
- 2015 3 Day Residential Weekend Insight Meditation, Metta Retreat, Joy, Compassion, Equanimity & Kindness, Jill Sheperd, BMIMC, Blue Mountains
- 2015 Yin Yoga, Zenith Yoga Studio, Hanoi, Vietnam

- 2015 Day of Mindfulness, The Sit In Sangha & Monastic Community (5 Mindfulness Trainings)
- 2015 3 Day Residential Retreat, Openground Associates Teacher Training Weekend, Pymble
- 2015 Private Yoga Session with Louisa Seer, Yoga Arts www.yogarts.com.au Pranayama, Yoga sequencing for menopause, core stability, joint strength & meditation, Ubud, Bali
- 2015 Yoga classes Bali, Sanur, Ubud, Amed & Gili Trawagan, Kirtan with Punnu Singh Wasu
- 2015 Full Day Workshop, Cari Havican, Anam Yoga, Sutra 2:46 & 2:47, Rejuvenation Workshop Newcastle
- 2015 Yoga classes, Karen Nichols, Newcastle
- 2014 Half Day Workshop, Cari Havican, Anam Yoga, Platform of Reflection, Sutra 2:27, Rejuvenation Workshop, Newcastle
- 2014 Insight Dialogue, Practice group, fortnightly, Newcastle
- 2014 Yoga classes, Karen Nichols, Newcastle
- 2014 In the Sit, Thich Nhat Hanh Sagha, Newcastle
- 2014 3 Day Residential Retreat Openground Associates Teacher Training, weekend, Mittagong
- 2014 Half Day Yoga Workshop, Cari Havican, Anam Yoga, Yoga Sutra 2.27, & Rejuvenation Workshop
- 2014 Cari Havican, Anam Yoga, A Platform of Reflection – Ganesh Mohan – Model 7 of Yoga Therapy Training, Rejuvenation Workshop, yoga philosophy, pranayama & meditation
- 2014 Satsang, New Living Yoga, Apas-Water & Akasha – Ether Space
- 2014 Day of Mindfulness- Joyfully Together, with the Sisters Of Nhap Luu, Plum Village Australia 2014 Cari Havican, Anam Yoga, 1:1 Private Yoga, self practice; asana, pranayama & meditation Yoga Philosophy, Sutra. 2.54 & Rejuvenation Workshop
- 2013 Cari Havican, Anam Yoga, 1:1 Private Yoga, self practice; asana, pranayama & meditation Yoga Philosophy, Sutra.1.30, 1.31& 1.32 & Rejuvenation Workshop, Anam Yoga, Cari Havican
- 2013 Swami Kriyatma Director of Education, Satyananda Yoga Academy, Australia, New Living Yoga, Newcastle 2 x 2 hour yoga session core strength & pranayama
- 2013 Cari Havican, Anam Yoga, 1:1 Private Yoga, self practice; asana, pranayama & meditation Yoga Philosophy, Sutra.2.16 & Rejuvenation Workshop, Anam Yoga, Cari Havican

2013 The Convergence of MBSR & Insight Meditation, Wilton, 6 Day Residential Silence Retreat, Bob Stahl & Michael Dash, Wilston

2013 The Power of Self-Compassion, Dr Kristen Neff, 2 day workshop, Sydney, NSW

2013 3 Day Residential Retreat Openground Associates Teacher Training, weekend, Mittagong, NSW

2013 Yoga Philosophy, Sutra. 2.15 & Rejuvenation Workshop, Anam Yoga, Cari Havican, Newcastle

2013 Cari Havican, Anam Yoga, 1:1 Private Yoga, self practice; asana, pranayama & meditation 2013 Yoga Philosophy, Sutra.1.17 & Rejuvenation Workshop, Newcastle

2013 7 Day Residential Insight Meditation & Yoga Retreat, Patrick Kearney & co-taught with Kit Laughlin, The Four Postures – A seven day satipatthana retreat, exploring the four postures of moving, standing, sitting & lying down. Patrick will explore the Buddha's teachings on mindfulness (sati) and its applications (satipatthana). Kit will lead two exercise periods daily, along with instruction on the four postures. These practices are designed to cultivate an intimacy with the body, & an exploration in the body's role in the path to awakening. As the retreat matures, the emphasis will turn toward independent practice

2013 Sogyal Rinpoche Retreat, Ten-day retreat, The Direct Path to Awakening: Experiencing the Profound Peace & Natural Simplicity of Our True Nature through Meditation & Compassion. Govinda Valley, Otford,

2012 Yoga Philosophy, s.2.7 & 2.8 & Rejuvenation Workshop, Anam Yoga, Cari Havican, Newcastle

2012 Swami Kriyatma, Director of Education, Satyananda Yoga Academy, Australia, Invitation yoga sessions, New Living Yoga, 3 x 2 hour yoga sessions, core strength and pranayama, Newcastle

2012 Yoga Philosophy, s.2.6 & Rejuvenation Workshop, Anam Yoga, Cari Havican, Warner's Bay

2012 Light on Liberation, Dharma Facilitators Program, 7-day residential retreat, Rhada Nicholson & William James, Insight Meditation, Byron Bay

2012 Yoga Philosophy, Sutra 2.5, Removing Obstacles to Clear Perception & Rejuvenation Workshop, Anam Yoga, Cari Havican, Warner's Bay

2012 Faldenkrais Method, Awareness Through Movement Classes, Georgi Laney, Newcastle

2012 2 Day Residential Retreat Openground Associates Teacher Training, weekend, Mittagong

2012 Hari Havican, Anam Yoga, 1:1 Private Yoga, self practice; asana, pranayama & meditation

2012 Half Day Workshop Cari Havican, Anam Yoga, Yoga Philosophy & Rejuvenation, Warner's Bay

2012 Mind Body Mastery Team, an integrated online wellness program, Dr Ian Gawler & Saurabh Mishra

2012 Bodhi Festival, 2 day non-residential workshops with, Michael De Manicor, Advanced Yoga Practice for everyone - developing a personal practice; Mark Breadner, Dynamic Flexibility – creating the flow states, Mother Maya, World Peace Leader, Darshan & Vedic Chanting & Deva Premal & Miten, Dave Stringer & Jai Uttai, (Kirtan) Newcastle

2012 Sogyal Rinpoche Retreat, Ten-day residential retreat, Compassion & Wisdom, Myall Lakes

2011 Non-violent Communication, Residential Retreat, weekend training, Satyananda Yoga, Mangrove Mountain Ashram

2011 MBSR course on line, with Timothea Goddard Openground, 8 week course

2011 "Heart of Inquiry" Dharma Facilitators Program, 7 Residential Day Residential Retreat, insight meditation, Sangsurya, Byron Bay

2011 Cari Havican, Anam Yoga, Yoga Philosophy & Rejuvenation, half day workshop, Warner's Bay

2011 Swami Satyadharma Saraswati, Tattwas (elements) & Chakras (energy centers), day workshop, Newcastle, New Living Yoga, Newcastle

2011 Openground, Day of Mindfulness, Hunters Hill, Sydney

2011 Residential 3 Day Residential Retreat, Openground Associates Teacher Training, weekend, Mittagong

2011 Sogyal Rinpoche Retreat, Ten-day Residential Retreat, Compassion, Death & Dying, Myall Lakes

2010-2011 Ayurvedic consultations & treatments, Mary Woolley, Anandaveda, Newcastle

2010 Openground, Day Long Intensive, Mindfulness Practices, Sydney

2010-2012 Private Yoga Sessions, Anam Yoga, Cari Havican, Viniyoga & Yoga Therapy, Newcastle

2010 Michael de Manicor: The Ancient Secrets of Mind and Meditation, one day Workshop, Sydney

2010 Judy Apana: 2 day non-residential retreat Facing Death Embracing Life, Rigpa Centre Newcastle, Reflect on life's journey, explore rituals, gain insight into Tibetan Buddhism & increase capacity for joy and forgiveness. Newcastle

2010 Mark Robberds: 2 day workshop, Introduction to Ashtanga Yoga Philosophy, Ashtanga yoga workshop, posture, breath & bandha, movement, strength & grace, focusing on effortless movements between postures. Led sun salutes and standing postures, moving into Mysore style practice, Newcastle

2010 Vipassana, International Meditation Centre, Sunshine, 10 day Residential Silence Retreat, In the Tradition of Sayagyi U Ba Khin, Sunshine

2010 4-Day Residential Silent Retreat April 2010, Anapana, International Meditation Centre, In the Tradition of Sayagyi U Ba Khin, Sunshine

2010 4-Day Residential Retreat Oct 2010, Anapana, International Meditation Centre, In the Tradition of Sayagyi U Ba Khin, Sunshine

2009 Vipassana (Goenka) 10-day Residential Insight Meditation silence retreat, Blue Mountains

2009 The Gawler Foundation, Follow Up Meditation Weekend Retreat - Paul and Maia Bedson, The Yarra Valley

2009 Mindfulness: Can You Teach It Without Practising It? Day Workshop Venerable Robina Courtin, Tibetan Buddhist Nun, Newcastle

2009 The Second International Ayurveda & Yoga Conference: 3 Days, Sydney Yoga Sessions with Eileen Hall, Yoga Moves and Michael de Manicor

2009 Introduction to Tantra in everyday life, Dr Robert Svododa, Day Workshop Sydney 2009 Yoga Conference, 3 Days, Sydney: Michael de Manicor (Essential breathing techniques in asana, Pranayama & relaxation) Mark Whitwell (Advanced Practice: Breath, Asana & Bandha) Mark O'Brien (Asana as inquiry not achievement) John Ogilvie (Dynamic Vinyasa Purna Yoga) Duncan Wong (Yogic Arts: Warrior Flow) Marc St Pierre (Hips & Twists: Opening the Lower Back) Simon Borg-Olivier (Dynamic Rejuvenation & Relaxation with Yoga Synergy) Duncan Peak (Power Yoga- Align the Spine) Andrew Wells (Dru Yoga)

2009 5 Day Residential Meditation Retreat, Insight & Drawing with Dr Ian Gawler & Dr Ruth Gawler, Gawler Foundation, Yarra Valley, Vic

2009 3-Day Retreat, Ayurveda & Yoga, Swami Shankardev, Satyananda Ashram, Mangrove Mountain

2009 1-Day Workshop, Yoga for Anxiety & Depression, Rishi Vivikenanada, New Living Yoga, Newcastle

2009 Workshop with Jean Campbell, Bandhas & Core Stability, Ashtanga Yoga Studio, Newcastle

2009 One day Vipassana meditation, Goenka Group, Newcastle

2009 3-Day Residential Retreat, Women's Spirituality, Satyananda Ashram, Mangrove Mountain

2008 Sadhana & Self Study, Week Residential Retreat - Swami Muktibodhananda, Mangrove Mountain Ashram

2008 Pranic Energy & Ayurveda, Day Workshop - Dr Shankar Dev, Newcastle Living Yoga

2008 The Bodhisattva's Way of Life: A Guide to Compassionate Living, Day Workshop - Venerable Yeshe Chodron, Newcastle Buddhist Community Service

2008 The Gawler Foundation, Meditation Weekend Residential Retreat - Paul and Maia Bedson, The Yarra Valley

2008 Pause a Living Practice: Four-Week Course, Yoga, Mindfulness Meditation, Pranayama & Dharma - William Findlay Newcastle

2008 Judy Apana: Facing Death and Embracing Life, Weekend Spiritual Retreat Rigpa Centre, Newcastle

2008 Lawrence-Khantipalo Mills - What do I want to find and is it there anyway? Residential weekend Retreat, Wat Buddha Dhamma, Wisemans Ferry

2008 The Gawler Foundation Annual Conference: Profound Healing- Sustainable Wellbeing, Hilton on the Park, Melbourne

2007 Two Week Yoga Intensive (Dynamic Anatomy, Ayurveda, Yoga Philosophy & Adjusting) Jean Campbell, Ashtanga Yoga Studio, Newcastle

2007 Progressive Yoga Hatha Course (12 weeks) Yoga, Breathing & Meditation, Newcastle Yoga Centre, Cooks Hill

2007 Guided Meditation, Geshe Sonam Thargye, Tibetan Monks, Town Hall, Newcastle

2007 Happiness and Compassion Speech, Dalai Lama, The Domain, Sydney

2007 Dr Ian Gawler, Talk at Town Hall, Meditation & Wellness, Newcastle

2007 Zen Meditation, Drop in class, Newcastle Aikido

2007 Nada Music Mantra, Residential Weekend Workshop - Swami Omteertha & Jignasu, Mangrove Mountain Ashram

2007 Finding Peace, An Introduction to the Practice of Meditation, 4-week course, Rigpa Education Programme, The Rigpa Centre, Newcastle

2007 'How to Meditate, Classical Meditation - Peter McDonald, Four session Newcastle

2007-2011 Meditation drop in classes (Soygal Rinpoche) Rigpa Centre, Newcastle

2006 Weekend Yoga Workshop- Jean Campbell - Upper Body, neck, shoulders Inversions, Ashtanga Yoga Studio, Newcastle

2006 Weekend Yoga Course - Manju Jois (Internationally renowned Ashtanga, Yoga Teacher, son of Patabi Jois, Mysore India) Traditional Ashtanga yoga practice (Primary & Second Series) Breathing & Chanting, Ashtanga Yoga Studio, Newcastle

2005 Weekend Yoga Workshop - Jean Campbell Breath- Core Stability & Asana (Postures) Ashtanga Yoga Studio Newcastle

2004 Two Weekend Ashtanga Yoga Workshops @ Yoga Mat, Bondi Junction & Yoga Moves, Paddington

2004 Moving into Stillness, Weekend workshop - Rachel Hull, Yoga to Go, Sydney

2004 7 Day Yoga Lifestyle Residential Retreat– Integrating yogic principles & practices, Cleansing, applied awareness, devotion & meditation, Satyananda Yoga Mangrove Mountain (Ashram)

2003 Weekend Residential silence retreat & Fire Ceremony, Rose Baudin, Main Arm

2003 Five day Silence Residential Retreat - Clive Sheridan, Louisa Seer & Glenn Ceresoli Yoga, Pranayama (Breathing) & Meditation, Funky Forest, Byron Bay

2003 1:1 Yoga Therapy Sessions - Libbie Nelson, Physiotherapist, Bangalow

2003 Two week Ashtanga Yoga Intensive – Jean Campbell, Ashtanga Yoga Studio, Newcastle

2003-2000 Attended Weekly Presentations by Guest Speakers, The Golden Door 'Elysia' Pokolbin: Mindfulness Practices, Happiness Handbook, Ayurveda, Motivation Diet and Exercise, Pranic Healing, Chanting and Meditation, Setting Goals to improve well being, Service to self, Why Meditate? & Intuition

2003-2009 Meditation: Self-Practice, daily practice

2002 Attended Iyengar Yoga Classes with David Morley, Novacastrian School of Yoga

2002 Ashtanga Yoga Weekend Workshop - Manju Jois, Yoga Shala, New York

2002-2007 Attended Yoga Synergy Classes - Simon Borg Oliver, Yoga Synergy, Newtown

2001 1:1 Private Yoga Sessions (Hatha Yoga) Rajasthan, India

2000-2001 Ashtanga Yoga Practice – Led & Mysore Style, with Ian & Richard Clarke, Ashtanga Yoga Shala, Paddington, Brisbane

1998-2000 Practiced yoga in Sydney with various yoga teachers

1993-1997 Practiced yoga in London, with various yoga teachers

1992-2020 Yoga Classes & Self-Practice

Online Resources Developed by Lisa Pollard

www.mbsrnewcasle.com - 8 wk Course Website

SoundCloud Lisa Pollard - Free Guided Mindfulness & Yoga Practices

<https://soundcloud.com/lisapollard>

Online Courses

Lisa Pollard Insight Timer

<https://insighttimer.com/lisapollard>

Courses

10 Days Befriending Body & Breath through Yoga

https://insighttimer.com/meditation-courses/course_befriending-body-and-breath-through-yoga

30 Days Reducing stress with Yoga

https://insighttimer.com/meditation-courses/course_lisa-pollard-course-form

40 Days to Less Stress

https://insighttimer.com/meditation-courses/course_lisa-pollard-40-days

Aura - Accessible Mindfulness & Yoga & Travel Sleep Stories

<https://www.aurahealth.io/>