

Bringing Yoga to the Bush

Nanette Watson
Yoga with Nanette
Phone: 0427 967 216 Web: www.yogawithnanette.com.au

STRETCHING ACROSS THE DISTANCE,
COMING TOGETHER IN BODY, MIND AND
SPIRIT

A lack of yoga classes in my community, requests from friends to teach them yoga and a desire to share the many health benefits of yoga were the catalysts to commence my yoga teaching training in 2009. I began by offering free yoga classes for six women at the Spring Plain Hall.

This has evolved into regular classes, partner yoga, corporate yoga, private sessions, our annual Bush2Beach retreat and regular workshops with guest teachers, incorporating a wider yoga community of more than fifty students.

I have helped mentor two new teachers at Walgett and Boggabri and have established Namoi Yoga, a Facebook group with seventy eight members.

Fitness, flexibility, fun and friendship.....Growing together in yoga, supporting various charities and local events often participating as part of a "yoga team".

We also enjoy our end of term dinners, the annual Christmas party and even going overseas on retreat. Vietnam here we come!



Above: Namaste
Not to be confused with "not much mud today"



Left: Killarney Bike Classic 2012



Dragon Boat Paddling
Bush2Beach Retreat Mylestom 2012



Sustaining Rural Communities

CONFERENCE 2013