

If Australia is the next destination for yoga,
NATHAN DENNETT
is Bikram Yoga's good boy spreading the feel good energy



FROM HUMBLE BEGINNING AS A PRIMARY SCHOOL TEACHER, NATHAN STARTED HIS YOGA CAREER ON THE WRONG SIDE OF A CAR WRECK.

Little did he know at the time, but this accident would be the 'spanner in the works' that propelled him into the future of yoga.

Nathan started his yoga experience long after his car accident, when dragged into a Bikram Yoga studio unwillingly and still encumbered. His thoughts on yoga at the time: "chanting old hippies twisting into pretzels and lots of orange material." Yoga may have been around for centuries but nothing prepared him for his experience which "released everything done by, and from, the accident... I felt the paradigm shift on my world and what yoga was going to do for me."

"Bikram" is the name of the creator of the system, Bikram Choudhury. He is an Indian Yoga Master and former yoga champion. The system was developed with the help of his guru Bishnu Gosh. Bikram Yoga is Hatha Yoga but it is a sequence of 26 postures and 2 breathing exercises performed in a heated room for 90 minutes that make it unique.

Since his first class, Nathan has become a Bikram Yoga teacher, Australian Men's Yoga Asana Champion, and a regular International Yoga Championship competitor. Currently he owns a Bikram Yoga studio owner in Sutherland Shire, while travelling nationally and internationally to



In the modern life we lead, we can agree that stress is a major factor in many diseases and dis-ease on a global scale.



Nathan Dennett Director,
Bikram Yoga Sutherland Shire

teach the yoga. He has received the blessing to teach Posture Clinics from Bikram and his wife Rajashree, with whom he had the honour to be a posture demonstrator in the latest seminars in Sydney.

The ability to breathe, stay calm and centred during challenging situations is an invaluable tool in life -this is what we learn from Bikram Yoga; and something Nathan is taking back to primary schools with his children's yoga program- YogaFrogs. The yoga practise allows children to develop life skills, such as patience, honesty, dedication, commitment, fearlessness as well as helping self esteem and self health.

Nathan now combines his two passions- that of education and that of personal health, into the future of well being for adults and children. Through his Bikram Yoga and YogaFrogs studios he is extending the capacity for yoga to create happy, healthy families.

