

Teacher Profiles

Nathan Dennett - Director and Principal

Currently Men's Australian Asana Champion, Nathan began Bikram yoga in 2003 to help recover from a bad car accident. After Bikram Teacher Training in 2006, Nathan taught classes in Bondi, USA and London.

I teach primary school and am also trained in children's yoga. Looking ahead I plan to bring some kids classes to the studio…

I love to see and hear about the results this yoga gives to people. Many times students come in to relax or get flexible but end up with so much more!

Lauren

I love the transformation that Bikram yoga started me on. I am also trained in meditation, and travelled India extensively to continue my yoga and meditation knowledge through my guru. I consider the combination of Bikram yoga and meditation a gift that allows me to bring peace and happiness to the lives of others.

Rachelle

Originally from the Eastern Suburbs, I have practiced all over the world and taught at studios all over Sydney but have come back to help teach at my secret favourite location. I find this studio full of so many positive people that I'm sure will continue into the future and bring much lightness to all who try!

Jenene

A long time practitioner in the Shire, Bikram Yoga has allowed me to maintain a healthy body, mind and life. I also practiced during my pregnancy, so if you have any concerns with this, just find me!

I look forward to having our students be part of the best studio in Sydney!

Kathy

People call me Mother Hen! I love to see people enjoying themselves in "Bikram's Beautiful Torture Chamber", but all the hard work really pays off for you body, mind and spirit...

Marketa

I was born in the Czech Republic but have been living in Australia for a while- I love the sun and the beaches! After graduating from Bikram Teacher Training in 2009 I travelled Australia to teach in a variety of studios. I am based in Sydney and love the travel to Sutherland Shire to teach and visit Cronulla Beach- I think its the best in Sydney!

Linda

I hail from New York, USA. I went to teacher training with Kathy and Marketa and couldn't refuse the offer to come visit on a working holiday to Australia- I definitely could live here permanently! It's taken a little while to get used to the accent and the Aussie-ism's, but I'm "finely getin' the hang of it, mate!"

Ashley

I am also from the USA and LOVING my time in Australia. I love the location of the Shire with so many beautiful places to see and things to do... You 'hobbits' are truly lucky to live in this area and have Bikram Yoga on your doorstep!

Shalimar

Hello Sutherland Shire! I travel out to you from the city studios to teach. What a wonderful bunch of students you are; it's such a nice change from the hardcore city to the lovely welcoming and inspiring students of the south.

"Never too old, too sick, too late to start from scratch once again" - Bikram Choudury