

“The practice of yoga brings forward emotional wellbeing,
which is much needed in the world today.”

Nicola Wilson-Jones IYTA NZ yoga teacher



Nicola’s approach is from a Hatha Yoga background, where asanas (postures) bring forth an intuitive understanding of oneself over time. Nicola plans for and adapts her lessons to support needs immediately apparent.

With a Bachelor of Nursing, Nicola, has a good knowledge and understanding of the body and mind. She has worked with a wide range of students whilst practicing and teaching yoga in Dunedin, Christchurch, Sydney and Byron Bay since the year 2000.

Significant yoga teachers Nicola has been taught by within her journey:

Lesley-Ann Absolom in Manly, Sydney, Australia

Pixie Lillas at **Balmain Iyengar Yoga Studio**, Balmain, Sydney, Australia

Daniel Rawson in Byron Bay, **Divine Nature Sanctuary**, Goonengerry, Australia

Liz Costigan at **Byron Yoga Lounge**, Byron Bay, Australia

Rosemary Weaver, **IYTA NZ**

Professional Development:

Anandra George, Heart of Sound

Margaret Ceresoli and Glenn Ceresoli at Byron Yoga Lounge

IYTA NZ Conventions

Inspirations: Kumare, B.K.S Iyengar, Sri Shakti Amma, Sri Chinmoy, Sondra Ray, Louise Hay & Marshall Rosenberg.