

Debra Rodden – Yoga Instructor

QUALIFICATIONS:

Yoga teaching training – Dec 2017

How long have you been instructing?

3 MONTHS! But practising for the past 4 years continuously learning and first and foremost a student first, instructor second.

Why did you choose to become an instructor?

I love how I could take what I learn on the mat - mental clarity, calmness and strength, and apply it to everyday life. I really wanted to share that with others.

Most importantly, Yoga teaches you kindness. Kindness to yourself and to others. The more people that do yoga the more amazing the world would be.



Which program/s do you currently teach?

I teach Vinyasa Flow, Ashtanga and Yin Yoga.

Favourite program to participate in?

I love teaching a great flow class. One that gets the students moving, linking their breath to their movements.

What is your favourite track to teach and why?

Love a bit of Madonna. Especially her Ray of Light album!

What advice do you have for new comers?

Come with an open mind and open heart. Don't let your ambition take over the integrity of the pose. And most importantly, breathe!

What is your instructor catch phrase?

Link your breath to your movement, not your movement to your breath.

What is your favourite post workout snack/meal?

Bliss balls! And cocoa coconut water.

What is in your gym bag right now?

Incense, incense holder, yoga pants, flip-flops, and my yoga bible (workbook with all my sequences.)

If you could have one super power, what would it be?

The power of time travel, to go back in time to experience life in different eras 😊