

An introduction to me



Hi my name is Julie and I have been teaching yoga for roughly 15 months. I began my yoga journey so as to feel more relaxed as at the time I had been working in child protection and was experiencing anxiety. Yoga opened up a whole new world for me and allowed me to find out more about myself. Yoga enabled me to feel at peace, improve on my concentration, anxiety, health and wellbeing.

I decided to complete my Teacher Training Level 1 so as to support and show others the real benefits yoga can bring into their lives. I began my training with the lovely Kate Pell in Bowral and completed my training in December of 2015. I developed skills in different yoga styles including: Hatha yoga, Restorative, Vinyasa flow, Anatomy, Yin, meditation, Kirtan and Yoga Nidra.

After completing the course I developed my small business and set out to help inspire others to see yoga as I had. In my first six months I developed classes in a small Community Centre, at my workplace with colleagues and at my quaint little

home studio. After six months I decided to expand my home studio as everyone that attended loved it so much. My studio holds nine mats and the atmosphere is warm and friendly with many regular attendees enjoying meeting new people and practising yoga in a relaxed environment.

My past experiences include working in the Community Service sector in the following roles: Early Childhood Educator, Director of a child care centre, Case Manager- children 0-18 years within Foster Care , Family Worker- working with varying situations including: domestic violence, disabilities, mental health, homelessness, bereavement, financial stress, youth and child protection, Teacher/ mentor at TAFE Illawarra(last 4 years) and University of Wollongong, teaching Communication, Counselling skills (mentored by well-respected Doctor with a doctrine in psychology), Disability subjects, Child protection, Case Management, Preparing to Work in the Community Sector and Service Delivery, Case Manager within the disability sector (all ages) and coordinating packages. I have also worked within the fitness industry (nine years) teaching classes such as new body, high intensity classes, pump, step classes, water aerobics and personal training.

I believe keeping up to date with current practices and research is important so as to maintain professional development and since completing my training I have explored additional training in: Advanced Yin Yoga, Somatic Yoga and Chakra Yoga Dance. In January of this year I completed my Post/ Prenatal training with Baby Bliss.

My qualifications include:

- Mental Health First Aid- September 2015

- Statement of Attainment in First Aid completed on 15/11/16
- Certificate of membership with IYTA – Level 1 registered teacher
- Certificate of Attainment 350 hrs level 1 teacher Training- Bowral Yoga Studio – Principal teacher Kate Pell- Senior Level 111 trained- completed December 2015
- Certificate in Prenatal and Postnatal Yoga – Bliss Baby Yoga – completed in January 2017
- Certificate in Case management and introduction- TAFE NSW- September 2010
- Diploma in Children's Service- Shellharbour TAFE
- HSC TER 79 Gateway Course at Wollongong University
- A Bachelor of Education (Early childhood 0-8 years)- University of New England
- Certificate 1V in training and assessment –TAE 40110 and Certificate in Language, literacy and numeracy TAEN411
- Statement in attainment in child protection , intensive child protection 2014
- Certificate in Advanced Yin Yoga- IYTA- completed in September 2016

Since I have wider experience in case management I plan to support others in improving their general well-being and health and would like to implement consultancy work into my business 'Shell Cove Yoga'. This would include developing future goals for anyone wanting to improve on health, wellbeing and or flexibility or develop future orientated positive goals into their lives.

Over the last year I have incorporated workshops around the seven Chakras, self-care, loving kindness and love sharing my knowledge of balancing the Chakras while implementing strategies that enable others to take better care of themselves. This year I plan on arranging Mother/ daughter/ family retreats, and mini self-care workshops as I believe we all need to nurture and take care of ourselves.

It is with great pleasure that I accepted Anne's invitation to come along to meet you all today and share my passion of balancing our Heart Chakra so as to be more open to giving and receiving the love and care we all need. I hope you all enjoy my session today and please feel free to follow my blogs on my webpage at www.shellcoveyoga.com.

Namaste
Julie Jarvis