

Namaste Yoga Centre

Christine Bennett's Biography

Christine has been sharing her love of Yoga with students since 2003. Having completed an 18 month intensive Teachers Training course with The Yoga Centre of Burlington, she earned a Hatha Yoga Teachers Certification, graduating with Distinction.

Shortly after, Christine moved to Kelowna, to fulfill her dream of being submerged in Nature and Yoga, teaching full time since her arrival in 2004. She continues to learn through workshops and senior teachers, always striving not only to improve her ability to teach Yoga, but also to live Yoga, deepening her knowledge of Yoga Postures, Yoga Philosophy, and the Eight Limbed Path.

Students have described Christine as a gentle, nurturing and intuitive teacher. She encourages students to trust their intuition both inside and outside of class, and to enjoy not only the physical practice of Yoga, but the mental, spiritual and energetic elements of the practice too. She strives to emulate the way in which she was taught, inspiring each student to find their True Nature and honour the Self.

She is currently a Registered Yoga Teacher with the Yoga Alliance ~ RYT 500.

