



Hi, I am Ben

a Tweed Coast local of NSW in Australia that was raised half his life on the beach and the other on an avocado farm. After high school I started my career in the High Voltage electrical industry where I stayed on for the next 10 years. And continue to revert back to whenever it is necessary.

After traveling the world a few times over, I found myself drawn into the yoga world. At first it was mainly to progress my surfing and recovery but from this it became a daily practice. I studied traditional Hatha in Mexico while furthering my studies with Vinyasa and Yin in India.

After completing my 500hrs training it was assured that yoga would be a part of me for life forever. I am a passionate yin yoga and meditation teacher and also a Breathwork Facilitator.

I am a happy outgoing and easy to get along with person whose main goals are to enjoy this life to the fullest, get waves and share whatever I have to give.