



**BERNADETTE FYFFE**  
**BOWEN THERAPIST & RAJ YOGA INSTRUCTOR**

Bernadette grew up in the northern suburbs of Melbourne and became a physical education teacher, working full time for 10 years and then a further 6 years as a relief teacher in Western Australia and Victoria.

In 1993, Bernadette did her first training course in the Bowen Technique with Bowtech in Melbourne. She has also studied NST (Neuro-structural Integration Technique) Bowen, training up to the advanced level, and ultimately has achieved ongoing Therapist status since 1997.

Once qualified, Bernadette initially practised Bowen on the Mornington Peninsula and then moved to Melbourne where she still works in St Kilda and Preston.

In addition to her Bowen practice, Bernadette is also a Senior Yoga Instructor in Raj Yoga with Samata Yoga Australia. Originating over 25,000 years ago, Raj Yoga is a lineage yoga that is passed down from teacher to teacher. It helps each aspirant deal with the many stressful situations of our modern lifestyle, helping us to go within to find inner peace.

Bernadette's classes include meditation, stress management, relaxation and structured physical stretching and postures to improve strength, flexibility and balance.

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