

# PHINDILE DHLAMINI



## HATHA YOGA

Phindile is a Registered Yoga Teacher with Yoga Alliance (USA), RYT 200® and Yoga Teachers Fellowship (SA).

Phindile discovered yoga for the first time over a decade ago, when her body fell in love with the graceful but bold movements and rhythm that was reminiscent of her former ballet training - encouraging mindfulness and presence. As she continued to delve deeper into exploring this peaceful practice that challenged her on different levels - mentally, physically and spiritually - she began to uncover a deep-seeded desire to share her realised passion and invaluable life lessons revealed. Phindile has been a yoga practitioner for ten years and successfully completed a 200-hour Teacher Training Course recognised by the international Yoga Alliance (USA) in 2010.

Phindile feels compelled to share herself through this work, where she is dedicated to teach and instil a sense of pride and dignity to those who may be uninspired and feeling depleted. She practices a variety of yoga styles, teaches Hatha and is currently pursuing an advanced qualification in this ancient tradition of mindfulness used in the quest towards continuous self-improvement. She feels blessed to have the privilege to be able to offer this as her gift to the world where she believes it may be used as an incredible force for good in rehabilitating and healing the Self - allowing people to reach and access unimaginable heights of strength and serenity from within.