



Bikram Yoga Wellness Weekend



Hi! My name is Rowena Jayne!

I am so excited to be joining Detox Destinations for the July Bikram Yoga Wellness Weekend and hoping you will come and join Donna and me!

It is going to be a weekend where you get to not only practice your Bikram Yoga and take it to the next level, but ask lots of questions, hang out with like-minded Bikram Yogis, indulge in super healthy delicious food, but also get back in touch with just “being” and appreciating where you are and what you are doing. This weekend is suitable for EVERYONE...from newbies right through to people who have been practicing for years. Whatever your Bikram Yoga experience ... we’re taking it to the next level!

And because we are going to be hanging out together over this Bikram Yoga Wellness Weekend – I thought I’d share who I am, and how I got to where I am today ...

Bikram Yoga is my absolute passion in life! I’ve made it my life goal to contribute to the transformation of people’s lives by inspiring them to take responsibility for their own health and wellbeing through Bikram Yoga and Food!

So it all began for me back in 2003, when my life pretty much imploded! I had some pretty serious illnesses (rheumatoid arthritis, sciatica and an eating disorder ... which had left me hospitalised from many years of self-abuse) and by divine intervention, I discovered the profound healing potential of Bikram Yoga.

Since then, I’ve completed my Bikram Yoga Teacher training in June 2005 in LA and returned the following year to study the advanced series of Bikram Yoga with the Principle and most respected teacher, Emmy Cleaves. I worked on staff of Bikram teacher training for 2 years and have also taught internationally and worked alongside highly acclaimed senior teachers, Jason Winn and Craig Villani at various retreats and seminars. I am the twice unbeaten Australian Yoga Asana Champion having won the titles in both 2007 and 2010. I represented Australia in the World Championships in 2008 and 2011.

Throughout my teaching career, I have written articles on Bikram Yoga for the Australian Natural Health & Australian Women’s Health Magazines as well as India’s Complete Wellbeing Magazine. I have been interviewed on “Good Morning Australia” and have been featured in various other television shows, magazines and newspapers around Australia, Mexico & India!!!

And on top of all that, I am (take a deep breath) a Naturopath, Nutritionist, Herbalist, Raw Food Chef and Remedial Massage Therapist . I am also trained in the modalities of Ayurvedic Medicine, Cupping, Reiki, Crystal Healing, Tibetan Sound Healing, Hawaiian Hot Stone Massage, Aromatherapy, Thai Massage, Reflexology & Shiatsu!!! (I’m wondering where I found the time to do any Yoga with that lot!!!)

More importantly, I am absolutely over the moon about meeting you and hearing your story! I can just feel that it’s going to be fantastic!

xx Rowena xx

Bikram Yoga Wellness Weekend:

Why not take your Bikram Yoga practice to a whole new level....and have a wonderful mini-holiday at the same time! Check out our next scheduled ***Bikram Yoga Wellness Weekend*** program here: [<<LINK>>](#)

