

## ABOUT THE TRAINER CATHIE MCGILL

My work and interest in Yoga & healing grew from a visit to a relaxation therapist in 1991 after a series of panic attacks and other stress related problems that were effecting my quality of life. After the first session, I left feeling high on endorphins, I was so curious as to how I could experience this feeling of peace & relaxation, in fact it was a feeling quite different to what I had ever experienced before in my life.

It was as if something opened for me and I found myself drawn to learning more.... I found an Aromatherapy and massage course which happened to be facilitated by a well-known Yoga teacher in Adelaide Reeva Brice. I had no intentions of taking up Yoga at the time however it kept appearing .... each time I started another training course in alternative therapies there was either another Yoga teacher or someone training in Yoga or someone going to Yoga.....and it wasn't even that popular!

So, I decided through a recommendation to join up for that first class.... wow, I will always remember those first few classes so clearly: I struggled holding the poses and found I was gasping for breath, I was one of the youngest in the class and the other women much older than I all appeared to be flowing graciously from one pose to the other with little effort.

Then relaxation arrived, a guided visualization took me away to another place deep inside, one I had never known before. A place where nothing solid existed only a gentle peace and stillness, I felt tears rolling down my cheeks, there was no sadness no joy no emotion just tears. This happened class after class after class then it stopped.....

Then the messages and insights came, a voice telling me I would teach this one day..... I never went looking for a training course.....eventually it found me and since then I have attended, practiced and taught thousands of hours in Yoga, Meditation, Guided Imagery, healing & alternative therapies.

It is my Intention to share with you what my teachers have shared, what I have experienced what has transformed the Physical and emotional & mental trauma within me from growing up within the confines of domestic violence & alcohol abuse, and what I have created from listening to the stillness within, listening to those who arrive in my life at that perfect moment, taking notice of books or anything that seems to just turn up, trusting my intuition more and more. Understanding the purpose of it all.

The most learning has come from those closest, and I am so forever grateful to have had such a supportive loving husband and two precious children who have shown me what a loving family is.

“May you be curious about who you are.....about the mysteries in life....and about how you can transform those feelings of stress and un ease into stillness.” ... It is possible to change anything, I have, I still am...it is an ongoing continuum...a blessing it is.

Namaste,  
Cathie

