

Yogadore Somerset West



24 Morkel Street
Somerset West

Phone: +27 826673903

WHAT WE OFFER Yogadore is a space dedicated to mindfulness and self-attention. We invite you to spend some time on the person who matters most ... you! Be it through yoga or personal mastery, these activities make great partners in

providing a holistic approach to balancing mind, body and spirit.

The emphasis here is not on needing to have a certain body type, spiritual leaning or specific philosophical ideas

... at yogadore you get to be you, do you and grow you. RAE MORRISI first

encountered yoga at age fifteen - a friend at boarding school taught me the sun salute and we would meet at break to perform as many as possible before getting to our sandwiches and juice.

I would love to say that the rest is history, but the 80s happened ...

I donned my sweat band and leg warmers and joined the aerobic parade. However, through this I learned about my love for teaching, finally opening my own aerobic studio.

Unfortunately illness side-lined me for quite some time, but meditation and yoga helped restore me to full health. Happy to have switched the high kicks for a mat, I continue to practise daily.

I love to take long walks on our magnificent Helderberg and at the beach. And I also do some work for an NPO which focuses on the education of disadvantaged children.

My not so secret pleasure is a passion for sport (the armchair variety) I'll happily

spend a free afternoon watching football, tennis, cricket ... WHY YOGADORE? My husband and I opened the yoga studio in 2009 to share our enthusiasm and I am as thrilled as ever to teach yoga classes, and share knowledge too. And so there is even more to yogadore ... in this beautiful space, I also coach others towards achieving personal mastery through self-development workshops, being the highly effective and transformative 12-step spirals course which includes the springboard introduction to personal mastery, plus the single workshop shadow mastery course. I started developing my own personal mastery in response to the experience of coming through a very dark period in my life. After years of informal study (and great success with myself!) I literally woke up one morning and knew that I had to share what I had learnt. I collaborated with other facilitators and experts to create the spirals Personal Mastery course which was launched in 2002. Since then I have run this powerful course with hundreds of people. My commitment is to share with you what works - what took me years to learn, I have packaged into a highly doable, trackable process to support and create a focus for your personal journey. My intention is to nudge you gently into deeper self-awareness ... be it physical, mental, emotional or spiritual. I provide opportunities for you to pay yourself attention, get grounded, relax, exercise, laugh, be mindful, plus do inner work - all of which let you grow strong and flexible in body and mind. In my personal experience, engaging in these activities is a most worthwhile life endeavour and I highly recommend it!

[Visit Website](#)
[Send Message](#)
[Email Friend](#)