



GRACE KOAY

Mum of three, Yogi and Doctor.

I am a homebody. I love making pancakes in my pyjamas for the family. My family is my life. I am happiest in the kitchen, fresh bread in the oven makes my heart sing! Coffee is my thing, long black first thing in the morning. I love beautiful scents, ylang ylang, cedarwood and freshly cut grass.

I am a doctor in medicine and surgery, but an intuitive healer. I believe Yoga fosters improved self-image, transformation through self-exploration and increase overall wellness. My own yoga practice is eclectic, I love to explore and blend styles. I do admit, a strong, challenging vinyasa is my addiction. But I do love yin yoga more than I love chocolate. I teach yoga to people of all ages, a certified kids and post-natal yoga instructor.

I am fiercely loyal. My friends keep me grounded and balanced, continuously inspiring and comforting. My family has taught me to be grateful of every moment, patience and kindness. My love for them is everything.

Training and qualifications:

Yoga Teachers Training 350 hours, Yoga Australia and Yoga Alliance certified.

Zenergy Kids Yoga - Advanced training.

Bliss Baby Post Natal Yoga.

Bachelor of Medicine and Surgery (M.B.B.S.)