



## June Mitchell

Yoga Teacher and Course Director of **CYS Scotland/London Yoga Teacher Training** qualified as a yoga teacher in the Sivananda method in 1976/77 under the tuition and guidance of William Mowat Thompson, Founder/Principal of the **Scottish Yoga Centre**, Edinburgh and Dr. Arthur de la Poer Rowbotham, Psychiatrist, Philosopher and Vedantist. Her certificate in **Hatha Raja Yoga** was given 'With Merit' in the first yoga teacher training course held in Scotland. She continued further training with many of the country's leading Sivananda and Iyengar teachers in the seventies and eighties, combining yoga teaching and study with raising her two sons.

In 1981 June launched **Perth Yoga Centre**, the second of its kind to be established in Scotland after the Scottish Yoga Centre in Edinburgh. Perth Yoga Centre created a foundation for the flourishing of complementary medicine in the area during the 1980's, initiating the first-ever workshops and teaching groups in many aspects of this now established and significant part of our health awareness in Scotland.

In 1992 she completed a Certificated Course in **Yoga Therapy for Low Back Pain** through the **Yoga Biomedical Trust** in London and taught by Indian Orthopaedic Consultant and Yoga Teacher, Dr. D. G. Dongaonkar. In 1993 June founded the **Riverside Centre** in Perth where at any given time between ten and fifteen teachers and natural health therapists worked, offering holistic health treatments to the community and which was twice short-listed in the Business Excellence Awards initiated by the Perth Chamber of Commerce – seen as being innovative and influential in its field.

She now runs classes in Perthshire and Glasgow with a team of CYS teachers, as well as the **Chi Yoga Centre** in Glasgow with its founder, Julie Hanson. In the Spring of 2003, furthering her enthusiasm for the **Ashtanga Vinyasa** system of yoga, she completed an Intensive Yoga Teacher training with Paul Dallaghan, Founder/Director of **Centered Yoga, Yoga-Thailand** and Certified International Ashtanga Yoga Teacher, becoming the first person in the UK to have this worldclass training which has **Yoga Alliance** International Certification. She is a direct student of the Ashtanga guru, Sri K. Pattabhi Jois, having studied and practised with him in 2004 at the AYRI in Mysore, Southern India.

In 2003 June and Julie founded **CYS Scotland**, an Independent Yoga School offering the highest standards in yoga teacher training and which will shortly begin its Year 8 course in September 2010. Following on the success of CYS Scotland, **CYS London**, began in February 2006 in Windsor and is now in its Year 5 course in the South of England. CYS teachers are established throughout Scotland, the South of England, Europe, the U.S., Canada and Australia - sharing their expertise and knowledge - and are listed on the Teachers' Register on the website. **CYS Scotland/London** is backed by an authoritative and influential Governing Body of professionals from the fields of yoga and personal development and is known as a **Centre of Excellence**. As a **Registered Yoga School RYS 200** with the US-based **Yoga Alliance** ([www.yogaalliance.org](http://www.yogaalliance.org)), its graduates have the opportunity to teach worldwide.

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[www.junemitchellyoga.co.uk](http://www.junemitchellyoga.co.uk)

[www.chiyogaschool.com](http://www.chiyogaschool.com)