



Nicole



Nicole is the manager of YogaBugs Newcastle. Nicole has been a Paediatric Nurse for more than 15 years and loves working with children because she cares about child health and wellbeing.

Nicole is equally passionate about Yoga and it's many benefits for the body and the mind. She fell in love with yoga almost 10 years ago and has practiced a variety of styles ever since (currently Hot Power Yoga). My only regret is that I didn't start sooner - ideally as a child!

YogaBugs is the perfect way for Nicole to combine these passions to positively and influence the physical, emotional and social wellbeing of Newcastle's kids. Nicole is looking forward to meeting you and your little "Bugs" at one of our classes.