



NEST TEACHER TRAINING

Nest Inclusive Yoga Teacher Training

MEET YOUR INSTRUCTORS



A Lifetime Investment

‘The longest journey of
any person is the journey
inward.’

ANONYMOUS

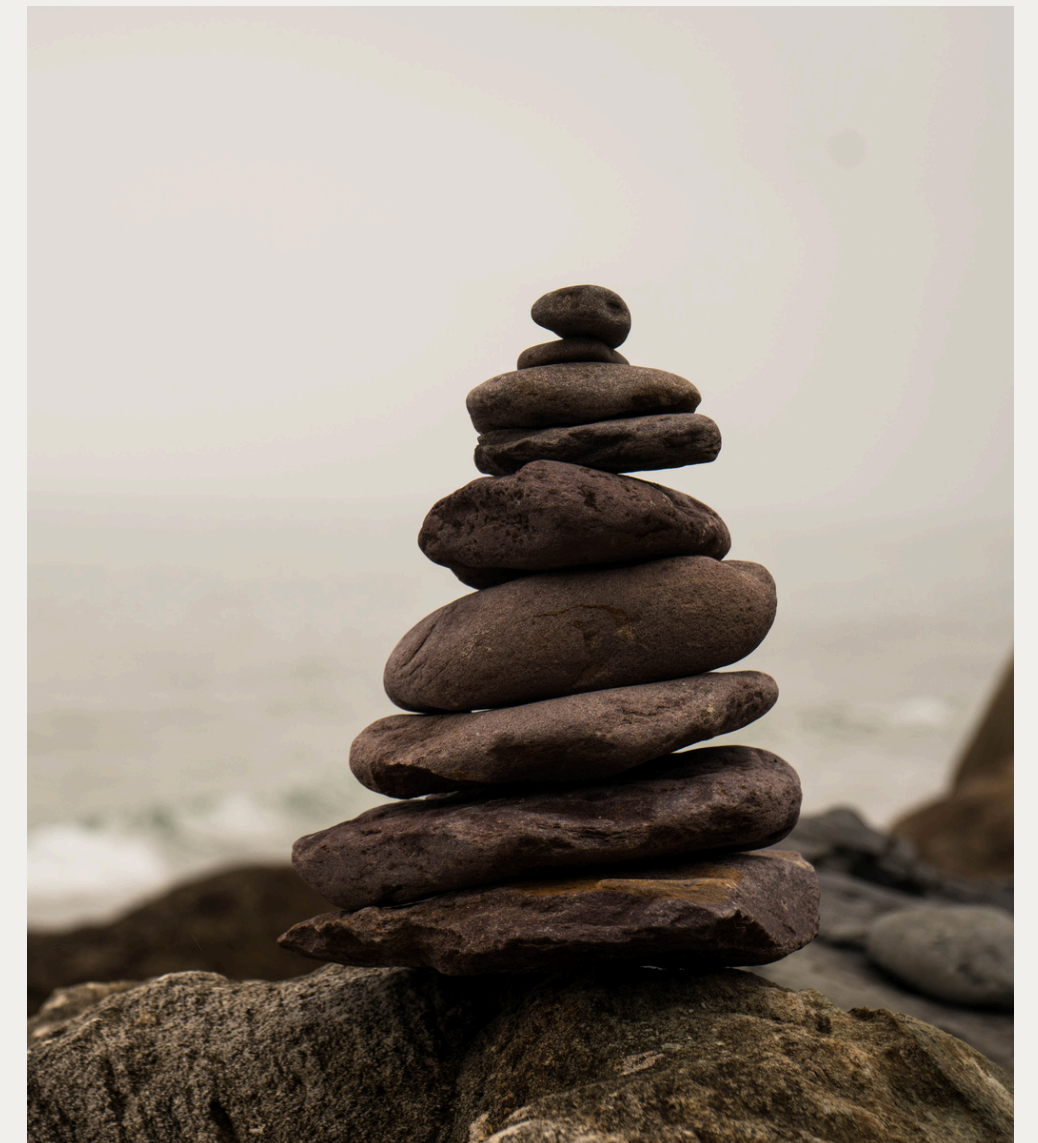
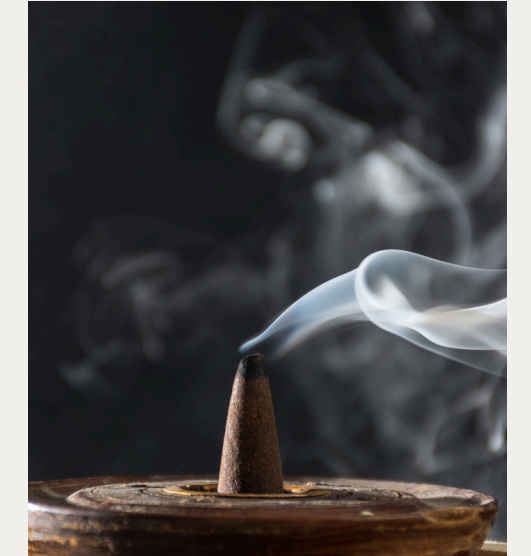


NEST

Meet your Trainers

Our Team

In order to make sure that you become the best yoga teachers you can be, we have brought together a team of experienced and knowledgeable teachers to guide you through your training





LEAD TEACHER TRAINER

Hi! My name is Anesu

I'M A DOCTOR | YOGA TEACHER | ENTREPRENEUR BY PROFESSION.

Anesu is a 700hr qualified yoga teacher who has completed a 200hr vinyasa based yoga teacher training as well as a 500hr hatha, ayurveda and yoga therapy based teacher training, both with Yoga Alliance registered yoga studios. Anesu has a wealth of yoga teaching experience and has been teaching vinyasa, hatha, meditation and yin yoga for roughly 7 years.

Anesu currently teaches both studio based yoga classes and private yoga classes with both able bodied students and students with medical challenges that inhibit them from practicing in group settings. She also has a wealth of experience teaching yoga and meditation for corporate clients, events and retreats. Anesu's teaching style is not only focused on the physical practice of asanas. Instead, drawing from her own personal experience, Anesu teaches yoga as a journey back towards the Self and a learning that the real purpose of life is to rediscover one's true Being and the fact that we are all connected.



CO-LEAD TEACHER TRAINER

Hi! My name is Banesa

I'M A BRAND STRATEGIST | YOGA TEACHER | ENTREPRENEUR
BY PROFESSION

Banesa is a qualified Kundalini Level 1 and Level 2 Yoga Teachers and recently entered the 3HO teacher trainer academy under the stewardship of Teacher Trainer Ravi Roussous. She is a qualified kiddies yoga teacher as well as being certified in HIV yoga therapy and Addiction yoga therapy.

She initially sat on the forming board committee of the Non Profit Organisation KAR (Kundalini Africa Rising) and now works as a core member in the Communications and Fundraising Committee. Currently Banesa manages the B.Creative Group that encompasses a creative agency and wellness group as its flanker brands. In African Culture a child is said to inherit the characteristics of her name, Banesa in Sesotho means "Turn on the Light", a divine purpose that guides her spiritual journey today. Having graduated from the University of Cape Town with a Bachelor of Arts degree, she is now completing her Honours at Vega School of Branding in Strategic Branding and Communications with hopes of doing her Masters in Persuasive Communications thereafter.

Guest Lecturers



Ravi Itta Roussos

Yoga History and
de-colonizing the yoga
practice



Dr. Fezile Mkhize

Anatomy and Physiology



Mandy Wu

Yin Yoga, Taoism and
Chinese Medicine



Gogo Khanyakude

African Indigenous
Knowledge Systems

Ravi Itta Roussos

Ravi is an internationally certified yoga therapist (C-IAYT) with over 40 years of experience. She provides her services in a safe, inviting, and supportive environment, as well as online.

Itta Roussos is an experienced healer who facilitates healing and growth for individuals, couples, and groups using a variety of healing modalities. Itta's unique approach and depth of experience has assisted many people to overcome physical, mental, and spiritual obstacles to their healing and growth.





Dr Fezile Mkhize

Fezile Mkhize is a medical doctor and multimedia public figure who focuses his work on health, fitness and wellness.

Dr Fezile Mkhize is a Medical Doctor with great interests in the pursuit of optimal holistic health with focuses in movement and interpersonal engagement. He has worked within a number of medical disciplines including urology and emergency ICU care as well as primary care, corporate and integrative medicine wellness centers.

He graduated his Bachelor's Degree in Medicine and Surgery at The University of Cape Town. Thereafter he completed his residencies at Charlotte Maxeke Hospital and Helen Joseph Secondary Hospital in Gauteng.

Dr Fez is also the host of health and wellness podcast show Medshield Movement Connect sponsored by Medshield Medical Aid which educates and engages with its listeners around the topics of wellness and holistic health.

Mandy Wu

Mandy Wu is a psychologist and 500hr experienced vinyasa and yin yoga teacher. Her focus lies in the practice of Traditional Chinese Medicine and Ayurveda in its relation to the practice of Yin Yoga

Mandy is a Vinyasa and Yin yoga teacher based primarily in Cape Town.

She entered the practice through Psychology and Reiki, seeking to translate the more subtle mental and emotional aspects of mind-body wellness into physical expression. In 2015 she completed her first training in India, in the Himalayas, initially to understand her own practice better but later on found a passion to share the practice with others.

Her teaching was influenced by her Buddhist upbringing and before doing advanced training in Yoga Therapeutics, she had already been incorporating Eastern modalities into her teaching. Later, she formally completed her 300 hour advanced training in Yoga, specialising in Traditional Chinese Medicine and Ayurveda.

Today, her teaching and practice is focused on aligning and finding the parallels in Western Neuroscience and Eastern traditions that promote a movement practice of harmony on and off the mat.



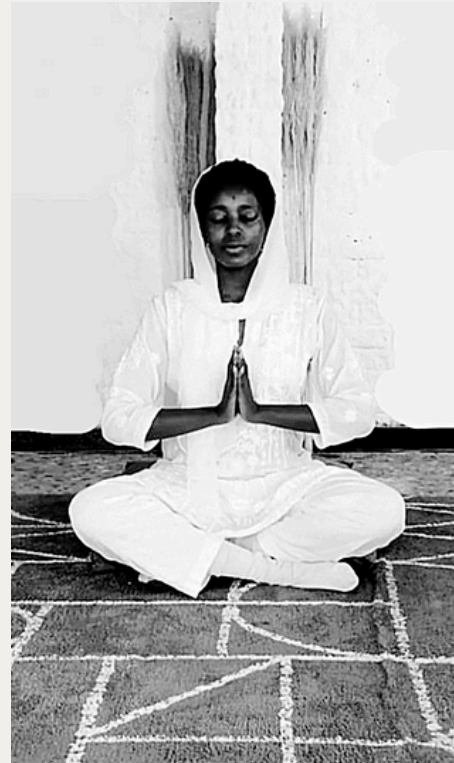


Gogo Khanyakude

Tiisetso Ntuthuko Makhubedu known as Gogo Khanyakude is an initiated Sangoma with 9 years in the space:

Serving as a diviner, medium and channel and re/connecting people to the ancestry, geneology and identity and how this informs our holistic health and holistically and practicing Inyanga: a ethnomedicine practioner & alchemist, Gobela: a person who guides and holds space in the creational process of understanding spiritual emergence and answering the call to initiate in your life purpose and Seer(an archive of the knowledge of ancients & antiquity)and as a contemporary offering he lends his services as and indigenous knowledge systems consultant. A core focus in IK consultancy is finding that there is a universality and collective consciousness which brings us together when you look into IKS from all over the world, this understanding reveals the interconnectedness of people and the universality of human condition and how modernity has cut that connection to that umbilical cord. Using Isintu(IKS) we are able to go back to our common humanity and confront dis-ease within self, family and community.He offers consultations as a sangoma, guides spiritual experiential learning programmes such as Hikes, Retreats and Drumming Circles where he emphasises the importance of nature, community, and the oral traditions of African wisdom, runs educationally guided programmes which take a participatory/experiential approach in Isintu as an Indigineous knowledge cosmology as a way to record, archive, teach with the purpose of distilling and interfacing IK approaches to contemporary living and issues. He is often featured on radio and television and print as well ascontributing to various academic discourse and programmes speaking to African indigenous knowledge systems & Bungoma looking at developing frameworks and systems for a more inclusive society.

Yoga Teachers



Ayanda

KUNDALINI

Mandla

POWER VINYASA

Priyal

HATHA

Asande

GENTLE VINYASA

Anita

GENTLE VINYASA

Sihle

RESTORATIVE

Sibongile

KUNDALINI



NEST TEACHER TRAINING

Drop us a message

We are here for you

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