

# Gold Coast **The Bulletin**

## **Coast Confidential**

**with Rachel Syers**

### **Byron new yoga hot spot**

**B**YRON Bay is the hot spot for a new type of yoga which has arrived in Australia.

American dancer-turned-Ishta yoga instructor Rachel Zinman recently brought the Ishta system of yoga to Australia from New York.

And it just so happens Zinman has moved to Byron Bay of all places and is starting teacher training there, so it's just a hop, skip and stretch for Coasters to get there.

The training is being held between September 2 and 30, and for details you can check out [www.ishtasystem.com](http://www.ishtasystem.com)