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Sports Podiatrists
Pilates
Yoga



Rebecca Tung Yoga Instructor

Rebecca completed her B.HSc in TCM (Traditional Chinese Medicine) at the University of Technology, Sydney in 2002. She decided to formalise her 12 years of Yoga practice and develop her skills further by undertaking a Iyengar Yoga Teacher Training Programme. This four year programme entailed frequent visits to the Iyengar Yoga Institute in Pune, India and continual skills development with teachers throughout South-East Asia, China and Australia.

Rebecca has taught Physiotherapy and Exercise and Sports Science students, specific exercises for sports and rehabilitation at the University of Sydney. Also, for three seasons, she worked closely with the Sydney City Roosters Rugby League Team, teaching yoga and assisting with injury management and mental preparatory techniques to enhance sports performance. Rebecca firmly believes in a collaborative approach to injury rehabilitation. She has often worked along side clinicians to develop extensive exercise rehabilitation programs.



For further information or to book an appointment, please call 08447 700 800.

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