



NZ WOMEN IN MEDICINE CONFERENCE 2024

Ko te tumanako me haere tahi tatou
Hope moves us forward together

Kylie Harris

Kylie is a natural-born teacher, a forever student with a passion for movement, neuroscience, breathing, Traditional Chinese Medicine, meditation, somatics and Hakomi Psychotherapy.

She completed her RYT 500 with Yoga Medicine becoming a Yoga Medicine® Therapeutic Specialist and going on to become a guest tutor on their online site and speaker at the last two Innovation Conferences.

Kylie holds certifications as a Yoga Detourist, Functional Range Conditioning Specialist® and Pilates instructor as well as a Bachelor of Nursing and Bachelor of Performing and Screen Arts.

Currently she is studying Hakomi Somatic Psychotherapy and loves how this modality blends so well with yoga and mindfulness and the one to one yoga therapy she does.

With a teaching style totally her own, Kylie understands the body from a Western perspective and fuses that with the tradition of yoga to enhance the lives of her students.

Kylie has also trained with preeminent teachers across the globe including Jules Mitchell, Rod Stryker, Amy Ippoliti, Shiva Rea, Noah Maze, Rocky Heron, Kathryn Bruni-Young, Donna Farhi, Vincent Bolleta, Raphan Kebe, Christopher Wallis and more. She has completed well over 1000 hours of training and been practicing for more than 25 years.





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She has a passion and skill for working one to one and is able to see both the physical and energetic impediments in her clients. She works with musculoskeletal issues, mental health, neurological and chronic conditions. She creates a learning environment that empowers the student towards greater awareness, agency and ease in their life.

She currently runs YACEP mentoring programmes for teachers wanting to find their authentic voice, develop their niche or increase their understanding of biomechanics, philosophy and Traditional Chinese Medicine.

She has an online membership site with livestream classes and produces online courses often based on her in person offerings so that people around the globe can train with her.

