

Thrive Yoga

Yoga Information Sheet

29 November 2025

Yoga in Australia has evolved from a niche practice in the 1950s to a mainstream wellness activity today. It is supported by professional organizations, embraced across diverse communities, and valued for its physical, mental, and emotional benefits.

Yoga in Australia is a thriving, diverse practice that blends traditional roots with modern wellness culture. It is not tied to religion, but rather embraced as a tool for physical health, mental clarity, and community connection.

Historical Background

- **Introduced in the 1950s:** Yoga began gaining traction in Australia through pioneers like Michael Volin (Sydney Yoga Centre, 1950), Margrit Segesman (Gita School of Yoga, 1954), and Roma Blair (Roma Blair's Yoga Club, 1956).
- **Growth in the 1970s–80s:** With the rise of holistic health movements, yoga became more mainstream, spreading through studios, community centres, and universities.
- **Today:** Millions of Australians practice yoga regularly, making it one of the most popular wellness activities nationwide.

Modern Yoga Landscape

- **Variety of styles:** Australians can choose from calm Hatha flows, strong Vinyasa sequences, hot yoga, restorative practices, and specialized yoga therapy.
- **Professional standards:** *Yoga Australia* is the peak body for yoga teachers and therapists, setting industry standards, accrediting teacher training, and supporting professional development.
- **Yoga therapy:** Increasingly recognized in healthcare, yoga therapy in Australia is used to support people with chronic conditions, stress management, and rehabilitation.
- **Community focus:** Yoga studios often emphasize inclusivity, offering classes for seniors, children, athletes, and people with disabilities.

Cultural Role

- **Secular practice:** In Australia, yoga is widely seen as a wellness activity rather than a religious ritual.
- **Integration with lifestyle:** It's common to find yoga offered in gyms, schools, corporate wellness programs, and even surf clubs.
- **Events:** National celebrations like *International Yoga Day* bring together practitioners across the country, highlighting yoga's role in community and health.