

Shambo was born and educated in London.



He studied martial arts from the age of 7 and at 20 went to live in Korea to study Tae Kwon Do.

At 22 he won the World Dance Championships in London.

Emigrating to Australia in 1980 he developed a curiosity for the study of psychology and trained as a Gestalt therapist and later trained in NLP with Leslie Cameron-Bandler in Colorado.



After a dramatic spontaneous awakening at the age of 27, Shambo spent 15 years with the Tibetan Rinpoche Namgyal studying the Six Yogas of Naropa. During this time he spent five years meditating in Nepal and in the Indian Himalaya.

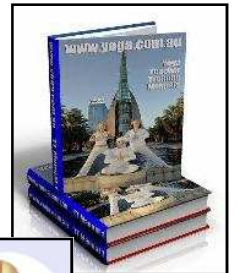


Returning to Australia he married Uma with whom he has two teenage children. The family has spent a lot of time in India.

In the late eighties and after being involved in a serious traffic accident Shambo developed a unique synthesis of Hatha Yoga and Feldenkrais called YogaHealth. What began with four students has become Australia's largest yoga school with over 100 classes a week across Australia as well as teachers in several other countries. www.yoga.com.au



Shambo has written five books, three on Yoga, one on Menopause, and an autobiography: ***A Strippers Guide to Enlightenment***



His interests are principally in the fields of interactive communication and finding new ways to accelerate the Evolutionary processes of the central nervous system.



In short, to make that which is unconscious conscious.
That which is anxious feel safe.
That which is foggy, clear.
That which is asleep, awake.



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