

BELLE HOGAN BIOGRAPHY

Belle deeply understands the quest for wellness both physically and emotionally, having lived through many of her own challenges, and she is dedicated to supporting others without judgement on their journey towards better health.

Belle is a Yoga Teacher, Nutritionist, Detox Specialist, Quantum Living Advocate, and Transformational Coach. Encompassing mind, body, and spirit; honouring that we are far more than a physical body.

Having lived/loved health and fitness passionately since her early 20's, her career in health started in 2006 as an International Fitness Leader and Health Coach, specializing in Yoga, Pilates and spin classes, and conducting live seminars on various health and detox topics both in Australia and extensively throughout London, Europe and America.



In 2010 Belle founded a busy Detox Clinic in Brisbane, working one-on-one with clients providing treatments that make a massive difference in improving physical and emotional health.

10 years on she sold the city clinic and 2020 saw the creation of her current role at Alyssium Yoga & Detox Centre in Crestmead. Here she combines her passions for health and fitness of mind, body and spirit, for they are all intimately connected, and you can not fix one without the other.

The colonic clinic is clean and discrete with the best equipment money can buy and the Yoga studio is a magnificent undercover outdoor space, surrounded by nature next to a natural creek, and constructed specifically to facilitate heart-brain coherence.

Yoga throughout Belle's life has been her solace & her guiding light, preparing her body physically, emotionally & spiritually for the journey ahead. This is what she wishes to share with others, just how amazing that journey can be if you take stock often by filling your cup of self-love, when we do this regularly, we can then show up in the world more authentically for both ourselves and others.

Belle's love is for flow, her speciality for many years has been Vinyasa flow yoga with some Hatha and some Yin Yoga thrown in the mix, and now she is excited to also specialise in pregnancy yoga and kids' yoga, having completed the highest training available for pre and post-natal yoga with Ana Davis from Bliss Baby Yoga, and Gopala from Rainbow Kids Yoga at the Byron Yoga Centre.

It is the greatest gift for Belle to be able to help and support others on their journey through life, with colonics to deep cleanse the body, AO scans to optimise performance and pinpoint any areas in need of balance, and Yoga sessions to deepen your connection with Self, helping to develop confidence in your body, leading to empowerment, personal growth, and a sense of loving acceptance.

Cleanse regularly, eat the best food ever and practice Yoga daily.

NAMASTE!

Belle