



Board of Directors

Dr Michael de Manincor *BA (Hons, Psych), Grad Dip Ed, M Psych, PhD*

Founding Director

Founder and Director of The Yoga Foundation, registered Psychologist, and one of the most highly respected yoga teachers and yoga therapists in Australia, Dr. Michael de Manincor bridges eastern and western modalities of mind-body health.

With over 40 years of teaching experience, he also established The Yoga Institute, now recognised as a leading provider of yoga teacher training and yoga therapy training in Australia, and was former President of Yoga Australia, the peak body of the yoga teaching and yoga therapy professions in Australia.

Passionate about educating the community on the benefits of yoga, Michael is a leading researcher in the field of yoga and mind-body integrative medicine, and is an Adjunct Research Fellow at the National Institute of Complementary Medicine (NICM) at Western Sydney University. He has conducted clinical research and published articles related to yoga and mental health in respected scientific medical journals.

With degrees in Education, Psychology, a PhD in Yoga and Mental Health, Michael is also an invited advisor to the World Health Organisation, for development of benchmarks for training in Yoga in Healthcare.

