



Natalie Snooke
Momentum Coaching & Yoga

Natalie is an inspired coach, teacher, facilitator and the founder of Momentum Coaching & Yoga.

Natalie specialises in mindfulness and working with people who want to live, love and lead with greater purpose and presence. Her coaching clients are men and women wanting to make the most of their creative potential and who value having a sense of inner calm. Her vision is for people to live and work joyfully, empowered to grow and be the best person they can be.

Being a practitioner and qualified teacher of yoga and meditation for over 10 years, Natalie teaches classes and facilitates workshops at her wellness centre in Melville. She runs regular retreats in Perth, Margaret River, Bali and for the first time in 2016, India. Knowing that self-awareness is the key to happiness and living a meaningful life, it is her passion passing on yoga and meditation's timeless wisdom and making it accessible to everyone.

In all her work, Natalie draws on spirituality and principles from Buddhism, Hatha Yoga, the Enneagram, Vedic Science, Somatic Therapy and NLP.

With 1000+ hours of one-on-one coaching experience, Natalie's clients range from artists and entrepreneurs to psychologists and corporate leaders. She uses the Enneagram as a tool for identifying deeper growth potential and transformation. Natalie is a guest speaker and corporate presenter on mindfulness, wellness and stress management.

Previously, Natalie held senior government positions in human resource management for over 13 years, where her generalist roles included facilitating wellness training, organisational change and negotiating executive employment contracts. Natalie has a Bachelor of Business in Human Resource Management and was an active member of AHRI for over 10 years.

Natalie served on the National Management Committee of Yoga Australia from 2011-2014 and has been a professional member of the International Coach Federation, Yoga Alliance and Yoga Australia since 2008.

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