



About Travis Chambers

E-RYT 500 | Studio Director, Sthira Yoga Academy

I first discovered yoga in a Bikram studio in Lane Cove, Sydney, at a time in my life when I was facing deep personal challenges. The discipline of the hot room gave me a sense of structure, and the intensity helped me confront the discomfort I was living with. What began as a physical practice soon ignited a deeper path of self-inquiry and personal transformation.

After relocating to Melbourne, I immersed myself in hot yoga and vinyasa styles—drawn to the heat, the discipline (tapas), and the chance to sweat out a lifestyle that had grown hedonistic and misaligned. The physical rigour of practice became a form of purification, but I was also captivated by the Eastern philosophies and vivid mythology woven through the classes. I found myself curious about the deeper meaning behind the mantras, mudrās, and metaphors—so I enrolled in my first teacher training to learn more.

With a background in performance and communication, I found it natural to step into the role of teacher. My varied life experiences allowed me to teach from a grounded place of lived understanding, and I quickly became a lead instructor and studio manager—overseeing two busy yoga studios in Melbourne simultaneously. Pre-COVID, my evening classes were regularly at capacity with waitlists, and the CBD studio where I was based saw over 1,000 students per week.

However, the intensity of the lockdown years took its toll. Teaching yoga and teacher trainings online during that period was exhausting, and the reopening phase—with its regulations and disruptions—made it difficult to find the joy and depth I once experienced. I made the difficult decision to leave Melbourne and return home to Bowral to care for my ageing mother, who lives with dementia.

While this season has brought challenges, it has also deepened my understanding of the mind and the subtle layers of practice. During this time, I've continued to evolve—traveling to Bali and India for immersive trainings and refining my craft with humility, reverence, and renewed clarity.

At the heart of my teaching today is a desire to meet people where they are—on the mat and in life—and help them move in the direction of more: more clarity, more steadiness, more connection. I blend ancient yogic wisdom with the realities of modern life, offering a style that is both rooted and relevant. My work is about expanding awareness, transforming outdated patterns, and creating a space where students feel held and inspired to grow.