

# 15 Questions in 60 Seconds with Natalie Perry



## Barre Concept Instructor at Durham House



**1. What would you name the autobiography of your life?**  
"Done is Better than Perfect".

**2. If you could learn to do anything, what would it be?**  
Soooo many things but if I could only pick one it would have to be latin and ballroom dancing (with a professional).

**3. If you won the lottery, what is the first thing you would do?**  
Start fretting about how to spend it most wisely!

**4. When you have 30 minutes of free time, how do you pass the time?**  
Either a) choosing a guided meditation to listen to or b) actually listening to it!

**5. If you could be any fictional character, who would you choose?**  
Mr Small - he seems kindly, patient and content.

**6. What is something you learned in the last week?**  
The vagus nerve is like a squid (?!).

**7. What's your favourite indoor / outdoor activity?**  
Dancing, hiking or biking.

**8. What chore do you absolutely hate doing?**  
Meal planning and grocery shopping.

**9. If you could meet anyone, living or dead, who would you meet?**  
My husband's mum (my children's paternal grandma) - I never knew her and they would love to have met her.

**10. Have you ever had something happen to you that you thought was bad but it turned out to be for the best? OR What is your super power of choice?**

I wouldn't say it was for the best, but going through cancer twice has definitely brought me some blessings and it's actually given me a super power: self compassion. Only through living that experience have I learned that looking after yourself is not an indulgence or a luxury but a right. And being kind to yourself is one of the best healing tools I know of.

**11. What three traits define you?**  
Independent, authentic and responsible....and just a little bit of a rule breaker (see, I had to sneak a fourth one in there!).

**12. Do you have a claim to fame?**  
No, but I once went on stage with my flies open. Not a good look!

**13. What would you do (for a career) if you weren't doing this?**  
I'd love to be a travel journalist.

**14. What would you most like to tell your 13 year old self ?**  
Don't start shaving your legs - it's a battle you'll never win... oh and don't stop listening to your body, it needs your attention. Both 'don'ts'...hmmm, maybe it sounds better as 'love your body as it is; hear what it has to say'.

**15. What is your favourite thing about working at Durham House?**  
My students - they're awesome. They are my teachers, really. Always smiley, hard working, kind, funny and willing to try anything I throw at them!