



See our website:  
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June

Te Anau Yoga, Issue 31



*Te Anau Yoga is a non-profit organization. Our purpose is to ensure yoga is permanent offering within the community and to support and strengthen the abilities of local yoga teachers through further education and training*

We aim to get these to you every month and keep you updated on class schedules, teacher information and interesting wellness articles. Along with our Facebook page

[www.facebook.com/Te-Anau-Yoga](https://www.facebook.com/Te-Anau-Yoga), you can find us at [www.teanauyoga.co.nz](http://www.teanauyoga.co.nz)

**Class Schedule**  
**From June 1<sup>st</sup> – June 30<sup>th</sup>**

Mon night with Alina <i>Flexibility, Strength, Balance</i>	6:00 -7:00pm
Tue lunch with Alina <i>Relax and Unwind</i>	12:00 - 1:00pm
Wed night with Noeleen <i>Hatha Yoga</i>	5:30 - 6.30pm
Thurs morning with Noeleen <i>Morning Awakening</i>	6:00 -7:00am
Thurs lunch with Tammy <i>Vinyasa Flow</i>	12:05 -1:05pm

Follow me to the next page,

## NEWS

- **Queen's Birthday** Monday the 3<sup>rd</sup> with Alina **will run as normal**. Come and join her at 6 pm for a few stretches at the end of the long weekend.

\* Alina will go to Poland to visit her family from 24<sup>th</sup> of June through to the end of August. For the month of June, her classes will continue to run as normal, her last class being Tuesday the 18<sup>th</sup> of June. After this class, **her Tuesday class will be cancelled until September**.

- Tammy will cover her Monday evening class on June 24<sup>th</sup>, July 1<sup>st</sup>, July 8<sup>th</sup> & July 15<sup>th</sup>. For this class she will offer a slow flow.

- Noeleen will cover her Monday evening class on July 22<sup>nd</sup>, July 29<sup>th</sup>, August 5<sup>th</sup> & 12<sup>th</sup>.

- **Alina will be back to teach her Monday evening class on August 19<sup>th</sup> & 26<sup>th</sup>, while her Tuesday class will restart on September 3<sup>rd</sup>.**

## EVENTS

\* We have our **Annual General Meeting** this **Thursday 6<sup>th</sup> of June at the Black Dog at 7pm**. We hope you all can join us there.

\* Sussan Buckland will run a **Winter Solstice Workshop** on Sat. 22<sup>nd</sup> of June from 2- 4.30pm. (\$20 members- \$25 non-members)

\* Noeleen will offer an **Evening Ying Yoga Class** on Friday 28<sup>th</sup> of June from 6 -7pm (\$10 members - \$15 non-members.)

\*For bookings please write to [teanauyoga@gmail.com](mailto:teanauyoga@gmail.com) or a message us on Facebook.

