



See our website:
www.teanauyoga.co.nz
 Email contact:
teanauyoga@gmail.com



TE ANAU YOGA



August

Te Anau Yoga, Issue 33



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, you can find us at
www.teanauyoga.co.nz

Class Schedule;

From August 1st – August 31st

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

Follow me to the next page,

News

Te Anau Yoga is proud to properly introduce new teachers to our team:

Pooja (who has already taught some classes last month), **Dwi Ajeng** (who will teach for the first time on August 1st) & **Susan Buckland** (who has already offered several workshops for Te Anau Yoga).

**** We invite you to know a bit more about them reading the information below ****

For the month of **August** Alina is away, and her **Tuesday class will be cancelled until September**. (First Tuesday evening class on September 3rd.)

- Noeleen will be covering Alina's Monday classes on August 5th and August 12th
- **Dwi Ajeng** will teach Tammy's Thursday lunch class on August 1st.

Events

*Noeleen will offer an **Evening Ying Yoga Class** on Friday 23rd of August from 6 -7.15 pm.
(\$ 10 members - \$15 non-members.)

*For bookings please write to teanauyoga@gmail.com or message us on Facebook.

Meeting Pooja



I completed my Yoga teacher training in Sydney in 2016 and, soon after, my husband and I packed up our lives in Australia and launched an expedition to explore some of our planet's most wild places. After giving our boots a jolly good run on the Himalayan peaks, we travelled to the remote villages of Gujarat in India to trace my family's origins. Yoga has always played a central role in my life. Growing up, it formed part of my daily routine with my parents performing sun salutations each morning. And so, while this journey around the world has required me to give up many of my worldly possessions, I have held steadfastly onto my Yoga mat. Regardless of my surrounds - be it windy Patagonia or the dry Botswanan savanna - I roll out my mat and all else is forgotten.

My teaching style focusses on movement with the breath, and so allowing for a moving meditation. I draw inspiration from traditional yogic philosophy and seek to encompass a Vinyasa flow rooted in the Ashtanga school of Yoga. I am grateful for all that Yoga has contributed to my life and take enjoyment in being able to share this gift with others.

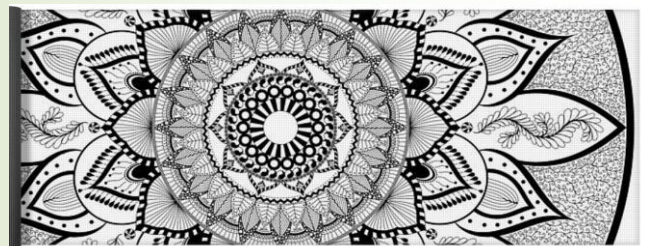
Meeting Dwi Ajeng



Experienced and passionate Yoga Instructor with over four years of teaching experience all level training in Hata, Vinyasa, and Yin Yoga approaches. Committed to providing extensive instruction and counselling to my clients, while motivating them to find true inner peace and their healthiest self. Adept in creating powerful teaching plans to aim to support and benefit each and every student.

Bringing forth a love and respect for the art of Yoga, and all that encompasses.

Meeting Susan Buckland



Yogi Bhajan brought the technology of Kundalini Yoga to the West in 1968. Since his passing in 2004 these sacred teachings have been embraced all over the world and continue to inspire and uplift humanity.

Kundalini Yoga as taught by Yogi Bhajan is a comprehensive and powerful form of yoga combining, pranayama, mantra, asana and meditation. This ancient practise incorporates Patanjali's eight limbs of Yoga into a singular practise of excellence and ecstasy, bringing us back to ourselves and our connection with our own infinity.

Susan Buckland has been practicing Kundalini Yoga since 2007 and it has profoundly changed her life. She will complete here Level 1 training in 2020. She warmly invites you to join her in exploring the yoga technology of Kundalini practice: what modern medicine now calls "neuroplasticity".