



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



TE ANAU YOGA



September

Te Anau Yoga, Issue 34



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

Class Schedule

From September 1st – September 30th

Mon night with Alina <i>Flexibility, Strength & Balance</i>	6:00 -7:00 pm
Tuesday lunch with Dwi <i>Classic Hatha</i>	12:05 - 1:05 pm
Wed night with Noeleen <i>Hatha Yoga</i>	5:30 – 6:30 pm
Thurs lunch with Tammy <i>Vinyasa Flow</i>	12:05 -1:05 pm
Thurs night with Dwi <i>YingYang Yoga</i>	6:00 – 7:15 pm
Friday lunch with Dwi <i>Classic Hatha</i>	12:05 -1:05 pm
Saturday lunch with Mariska <i>Yoga Nidra</i>	12:00 -1:00 pm

News

- Alina is back from her holiday and she is back teaching her Monday Night Class.
- Dwi will be teaching Alina's Tuesday lunch class from now on.
- Dwi will be teaching Alina's Monday class on September 16th.
- Noeleen's Thursday Morning class is **cancelled** for September and we will review it in October.
- Exiting times!!** We have opened up 3 more classes:

*Thursday Night with Dwi	6:00 -7:15 pm	Ying Yang
*Friday Lunch with Dwi	12:05 -1.05pm	Classic Hatha
*Saturday Lunch with Mariska	12:00 -1.00 pm	Yoga Nidra

Events

- *Mariska & Susan will offer a **Spring Equinox Workshop** on Saturday 21st of September from 2 until 4 pm. (\$ 20 members - \$25 non-members including a light meal.)
 - *For bookings please write to teanauyoga@gmail.com or message us on Facebook.
- Please remember to be early for classes and to fill in the signing sheet. Some classes have limited spaces, once they are full, we will be placing a sign on the door to let everyone know. This is to ensure the best experience for students and teachers.
- Stay tuned for a kundalini workshop with Susan this month.

Class Descriptions

Tuesday Lunch with Dwi *Classic Hatha*

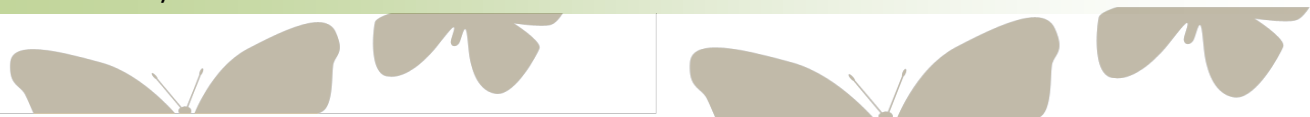
Classes include breathing techniques, gentle warm-up, yoga Poses (Asanas), Yoga sequence and final relaxation (Savasana).

Stretches and yoga poses (Asanas) improve balance, flexibility and help release tension. Conscious breathing techniques help to quiet the mind, reduce stress and anxiety. We close the session with a guided meditation allowing you to return to your day with renewed clarity, focus and energy.

Thursday Night with Dwi *Yin Yang Yoga*

Yin Yang Yoga blends two styles of yoga into one practice bringing together the benefits of passively holding yoga poses with more dynamic sequences and standing postures. Yin is more internal, passive, cooling and downward. While Yang is more external, dynamic, warming and upward.

When these terms are applied to yoga, Yin Yoga is a slower practice where poses are passively held for longer, working on the deep, dense (Yin) connective tissues and joints in the body. Yang Yoga, in contrast, refers to a more active practice working on the (Yang) muscles and blood flow, building strength, stamina and flexibility.



Meeting Mariska



My yoga journey started when I moved to New Zealand in 2009. After a slow introduction I dove into it and did an intensive 200hr authentic/Hatha yoga teacher training with Ashram Yoga in the Coromandel in 2016. Learning about and practising the basics of yoga supported me in my journey of grief. In 2017 I deepened my knowledge and practice with another month of teacher training in the Coromandel. Then after a Kriya meditation week in 2018 I started to share my experiences and healing by teaching at Vibrant Living Retreat in Hanmer Springs.

I believe yoga can be of benefit to many people in many different ways. The absolute gems of my yoga teachings are Pranayama, Yoga Nidra & Kirtan. My yogic life & healing journey also include holistic massage, Reiki and Māori healing.

Saturday Lunch with Mariska Yoga Nidra

Yoga nidra (yogic sleep) is an immensely powerful meditation technique, and one of the easiest yoga practices to develop and maintain. The students rest comfortably in savasana (corpse pose) and the systematic meditation takes them through the pancha maya kosha (five layers of self), leaving them with a sense of wholeness. It can help reduce stress, improve sleep, create acceptance, enhance appreciation and experience of life by letting go of deep rooted mental/emotional tensions/issues/patterns, setting a positive intention, relaxing, breathing and creating body awareness.