



See our website:  
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October

Te Anau Yoga, Issue 35

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 October 1<sup>st</sup> – October 31<sup>st</sup>**

DAY	TIME	TEACHER	CLASS
Monday	6.00-7.00pm	Alina	Flexibility, Strength & Balance
Tuesday	12.05-1.05pm	Dwi	Classic Hatha
Wednesday	5.30-6.30pm	Noeleen	Hatha Yoga
Thursday	12.05-1.05pm	Tammy	Vinyasa Flow
Thursday	6.00-7.15pm	Dwi	YinYang
Friday	12.05-1.05pm	Mariska	Pranayama & Meditation
Saturday	12.00-1.00pm	Mariska	Yoga Nidra
Sunday	3.00-4.15pm	Susan	<b>Embody Yoga</b>



*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*

## News

- Alina will be teaching Dwi's Tuesday lunch class on October 1<sup>st</sup>.
- Mariska will be teaching the Friday lunch class on October 4<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> (she will teach a Pranayama & Meditation yoga class). The class on **October 11th will be cancelled** as TAY will be at the **Te Anau Health, Wellbeing and Social Services Expo**, please come along and show your support.
- We have opened a new class on **Sundays with Susan Buckland from 3 - 4.15pm**. Her first class will be Sunday 6<sup>th</sup>. *See below for more information.*
- Dwi returns to teaching her Tuesday and Thursday classes from the 3<sup>rd</sup> October

## Events

- \*Mariska & Susan will offer a **Bridging the Gap (Ayurveda, Yoga, Breath & Meditation) Workshop** on Saturday 19<sup>th</sup> October from 2 until 4.30 pm (\$ 25 members - \$30 non-members including a light Vegan meal.)
- \*Noeleen will offer a Yin Yoga Evening on Friday 18<sup>th</sup> October 6 -7.30 pm \$15 for nonmembers and \$10 for members.

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

Please remember to be early for classes and to fill in the signing sheet.

Please remember to email TAY once you have purchased any prepaid cards for classes. This is to ensure our records are up to date and your card is waiting for you when you arrive to class.

### *Friday Lunch with Mariska (Just for October)*

*Pranayama is the yogic method of breathing. Good quality breathing both energizes and relaxes the body. Pranayama can help control your mind, manage your emotions and cultivate concentration that can lead you into a meditative state.*

♥ *Direct your breath with awareness*

♥ *Purify all levels of your being*

♥ *Get to know yourself more deeply*



### Sunday Afternoon with Susan

*Embody yoga is a fusion of many different schools of yoga, including hatha, kundalini and energy medicine. Each class will have an asana, meditation and relaxation component to provide participants with an experience for body, mind and spirit.*



# Bridging the Gap

Ayurveda, Yoga, Breath & Meditation

**Saturday 19 October 2019**

2pm-4.30 pm

Community Room at Fiordland Medical Centre

\$30 (non-member)

\$25 (member)

Join Susan and Mariska for a fun and interactive workshop to explore how from an Ayurvedic perspective nutrition, yoga asana, pranayama and meditation translate into your life.

## Bridge the Gap to Self-Empowerment

Simplifying the subject and looking at practical approaches to our challenges with digestive health, weight management, anxiety, depression, lethargy, arthritis, upper respiratory and inflammatory reactions.

♥ Includes a light vegan meal

Places are limited. Please prebook for catering purposes.

All equipment provided

For more details and registration please contact us:

[teanauyoga@gmail.com](mailto:teanauyoga@gmail.com)

Facebook: Te Anau Yoga

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