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TE ANAU YOGA

November

Te Anau Yoga, Issue 36

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 November 1st – November 30th



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

	TIME	TEACHER	CLASS
Monday	6.00 - 7.00pm	Alina	Flexibility, Strength & Balance
Tuesday	12.05 - 1.05pm	Dwi	Classic Hatha & Therapy
Wednesday	5.30 - 6.30pm	Noeleen	Hatha Yoga
Thursday	6.30 - 7.15 am	Noeleen	Morning Awakening
Thursday	12.05 - 1.05pm	Tammy	Vinyasa Flow
Thursday	6.00 - 7.15pm	Dwi	YinYang
Friday	12.05 - 1.15pm	Dwi	YingYang
Friday	7.00 - 8.30pm	Dwi	Classis Hatha & Therapy
Saturday	12.00 - 1.00pm	Mariska	Yoga Nidra
Sunday	3.00 - 4.15pm	Susan	Embody Yoga

News

Exiting times!!!! We are so proud of our Te Anau community that we want to extend even more, so for the month of November **BRING A FRIEND FOR FREE** to a class.

How it works...

Offer **only available to current members**, only one time over the month of November!!

You can bring a friend to any class for free. This is a great opportunity to finally get friends and family who have been sitting on the fence about trying Yoga to come along and have a go. No strings attached :)

Remember to turn up to class early to guarantee a spot as classes will fill up fast, fill in your name on the sign in sheet as per normal and add your friend's name into the email column.

- Susan's afternoon Sunday class will be **cancelled** on November 10th. Sorry for any inconvenience.

-Noeleen will be teaching Tammy's Thursday lunch class on November 14th.

We have 2 new classes starting this month:

- Noeleen's Thursday *Morning Awakening Class* on from 6 am -7.15am. (See info below)

- Dwi's Friday Evening class *Classic Hatha & Therapy* from 7- 8.30pm.

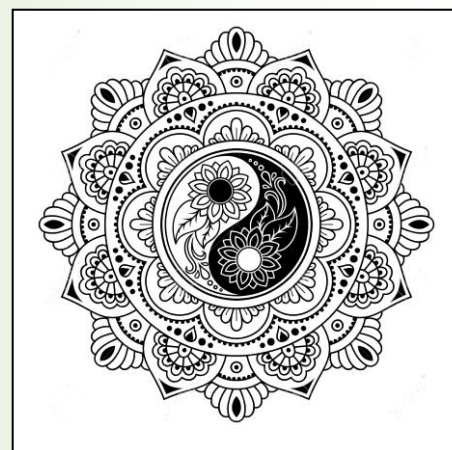
Alina's Musings on Yoga

☯ Balance

Life is a balancing act, but how balanced is your life?

There are many ways you can consider this question.

Is there balance between your work and leisure, between activity and stillness? Are you a busybody always on the go? Or do you make time for a quiet reflection. Is there balance in your relationships with your loved ones – your partner, your children, your parents, your friends? Do you spend quality time with each of them? Or do you spend too much time with your computer, cellphone or watching TV?



Do you have a healthy balanced diet?

We often say “I don’t have time for this or that”, but the wonderful thing about time is that you can make it. You can make time for anything you like, for your partner, your children, your parents and your friends. Anything really – exercise, reading books, walking the dog, learning a language, calling a friend, cooking healthy meals from scratch – just wave your magic wand and there it is – the time to do all these things you didn’t think you had time for.



Yoga teaches us about balance too. It forces us to slow down, sit quietly, relax and reflect or meditate.

Once you make the time to come to a yoga class you may be challenged to balance on the physical level – balance on your feet (virabhadrasana/warrior pose) or on your head (sirsasana/head stand),

on your sitting bones (navasana/boat pose) or on your stomach (salabhasana/locust pose), standing up (tadasana/mountain pose) or crouching down (malasana/garland pose), on all fours (bharmanasana/table top) or on one leg (vrksasana/tree pose).

No matter what postures you do in the class or in your home practice, yoga brings you peace and inner balance. The challenge is to carry on this blissful state through the rest of your day.

❖ Morning Awakening with Noeleen

Thursday 6.30 -7.15 am

Join us at dawn for a gentle stretch to awaken our bodies. Start the day by energizing our body & minds then carry this through with you for the day.

No previous experience required, open to men and women.

Energizing & wake up the body for the day a head.