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TE ANAU YOGA



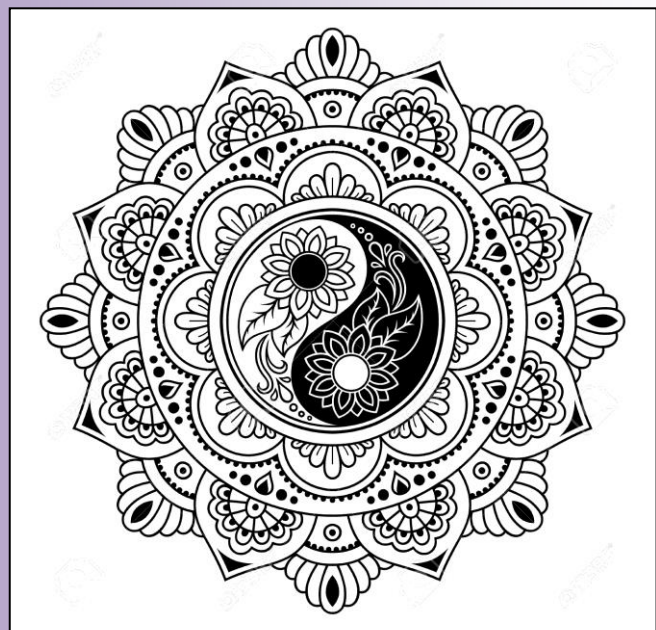
December - January

Te Anau Yoga, Issue 37



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



Wishing everyone a lovely and special farewell of 2019 and a great welcoming of 2020. The teachers & us will be taking a well deserved break over Christmas and New Year.

The last class will be on December 22nd with Susan's Sunday Morning at 9.30am. Our classes will start running again on January 9th with Tammy's, Thursday Lunch Class at 12.05pm.

We encourage everyone to keep working in your own practice at home, so you can take yoga to your own space... A home practice builds discipline, Self-discovery & empowerment.

As we will be on holidays, we will not do a separate January Newsletter, to avoid any confusion, we have done December 2019 & January 2020 timetables separate. There are a few changes, we have highlighted these on each timetable.

Due to the busy summer season, Mariska & Susan were unable to commit to January's schedule so far in advance, but stay tuned for Facebook and email's for pop up classes. These will be run by koha/donation, outside & you will need to bring your own yoga mat.

A big thanks to Zoe for covering for Tammy's classes. It's been great to have you back and share your knowledge and passion again. Safe travels & we wish you well.

Tammy will be back soon, & we would like to give her a big Welcome back.

* We also want to invite you to a **Social get together this Wednesday 11th of December at the Black Dog from 7.30 pm.** We have extended this invitation to all teachers and members. Let's get together and celebrate the end of this busy and very successful year.

A big thanks to all our teachers and committee members, we are very proud of our Yoga Community in Te Anau & we hope to keep growing together,

Namaste.

Class Schedule
From December 1st – December 31st

	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	Mariska	Gentle Hatha/Yoga Nidra
Friday	12.05 - 1.15pm	Dwi	YingYang
Friday	6.30 - 8.00pm	Dwi	Classis Hatha & Therapy
Sunday	9.30 – 10.45am	Susan	Embody Yoga

Class Schedule
From January 1st – January 31st

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