



See our website:
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TE ANAU YOGA



March

Te Anau Yoga, Issue 39

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

March 1st– March 31st

	TIME	TEACHER	CLASS
Monday	6.00 - 7.00pm	Alina	Flexibility, Strength & Balance
Tuesday	12.05 - 1.05pm	Dwi	Ying yang
Wednesday	5.30 - 6.30pm	Noeleen	Hatha Yoga
Thursday	12.05 - 1.05pm	Tammy	Vinyasa Flow
Thursday	6.00 - 7.30pm	Susan & Mariska	Kundalini / Nidra
Friday	6.30 - 8.00pm	Dwi	Classis Hatha & Therapy



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

- Susan will teach Noeleen's Evening Class on Wednesday 4th.
- Mariska will teach Tammy's Lunch Class on Thursday 12th.
- Dwi is going to India to do her 500 hours Ashtanga & Classic Yoga training. We wish her the best and we thank all the teachers than have kindly offer to cover her during this time.
- Dwi leaves on the 15th of March so her **last class will be Friday 13th**. All her classes until that date will run as usual.
- Mariska will teach Dwi's Friday Evening Class on March 20th & 27th. For this class she will offer a **Yoga Nidra / Relaxation session from 7 – 8 pm**.
- Alina will return to teaching Tuesday Lunch Classes on March 17th & 24th. For this class she will offer Hatha Yoga.

Events

*Full Moon Women Circle -Sunday 8th March 7- 9pm - International Women Day
Community Room - \$15 Members - \$20 Nonmembers.

*Equinox / New Moon Intention Circle - Saturday 21th March 7 - 9pm
Community Room - \$15 Members - \$20 Nonmembers - Everyone welcome.
For bookings message us on Facebook or to teanauyoga@gmail.com

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.



*“Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny.”*

— Gandhi