



See our website:

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# TE ANAU YOGA

## JUNE

## Te Anau Yoga, Issue 42

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

June 1<sup>st</sup> – June 30<sup>th</sup>

DAY	TIME	TEACHER	CLASS
Monday	6.00 -7.00pm	Alina	Flexibility, Strength & Balance
Tuesday	7.00 - 8.00am	Susan	Kundalini for Beginners
Wednesday	5.30 - 6.30pm	Noeleen	Hatha Yoga
Thursday	12.05 - 1.05pm	Mariska	Yoga Nidra
Thursday	6.00 - 7.00 pm	Mariska	Pranayama & Meditation
Friday	6.30 - 8.00pm	Mariska & Susan	Kundalini & Yoga Nidra
Saturday	9.30 - 10.45am	Dwi	Classic Hatha



*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

Welcome Te Anau Yoga community, we are finally ready to get back to practice together!!!

- Our first class will be on **Tuesday 2<sup>nd</sup> of June** with Susan's morning class from 7-8am. & her new class **Kundalini for Beginners**. (Read information below.)
- TAY will also offer a **Full Moon Women Circle** & a **New Moon / Winter Solstice Women Circle**. (Please stay tuned as dates & time to be announced.)
- Mariska will guide us on a "21 days of Abundance Course". Starting on June 1<sup>st</sup>. (See info Below)
- Tammy has decided to take well deserved break from teaching with TAY. We wish her the best and can't wait to have her back.

We are very excited and can't wait to see you all in class.

There will be some changes and recommendations around how we manage class attendance at Alert Level 2:

- If you are sick, please be kind and stay home.
- Our room capacity will be set at **7 students** on a first come first serve basis.
- **Bring your gear**; your own yoga mat & any props: bolster, pillow, blanket, eye pillow, blocks/books, straps, etc.
- Please only use the side door that directly enters into the Community Room (from the grass section).
- Hand sanitiser is available and required to use upon arrival.
- Sign in and add contact phone number on attendance sheet.
- There will be designated spaces in the room to allow for 1-2 metre gap between mats/students, check with teacher as you enter the room.
- There will be no adjustments from teachers.
- Prepay preferred, but cash payment will be accepted (exact amount).
- Bathroom facilities available but advised to only use when necessary.
- Door handles will be cleaned with disinfectant before and after every class.
- Community room will be cleaned regularly.
- Soap and paper towels will be available for hand washing.
- Avoid touching your face during class.
- Sneeze/cough into elbow (there will be disposable tissues provided).
- As always, please let the teacher know if you are not comfortable with anything at any stage during the class.

\* Be kind \* Slow down \* Take extra time to arrive \* Allow yourself to take a moment/breath \* Move consciously around others respecting the 1-2m physical distancing \* Namaste \*

## *Starting in June 2020: Join Te Anau Yoga for 21-days of Abundance!*

This free online course is created by Deepak Chopra and it includes daily (journal) exercises, meditations and challenges to discover your hidden potential.

Unlock and embrace abundance and decide for yourself what "abundance" means to you, in your life.



If you feel drawn to join the Abundance exercises, meditations and challenges, please join the Facebook page: "21 Days of Abundance with Te Anau Yoga" or email Mariska: [m.hesselink@yahoo.com](mailto:m.hesselink@yahoo.com) to sign up by email.

From **Monday 1 June** (Day Zero) there will be daily posts on the 21 Days of Abundance with Te Anau Yoga Facebook page or you will receive emails with more information.

Also please invite anyone you think may be interested!

It's aimed at people who intend on completing the whole 21 days, as it all makes more sense when done daily, but welcome to anyone looking for any **kind of inspiration**

**Hope you can join us!**

*Please contact Mariska if you have any questions.*

### Kundalini Yoga for Beginners with Susan

An uplifting blend of spiritual and physical practices, Kundalini Yoga incorporates movement, dynamic breathing techniques, meditation, and the chanting of mantras. The goal is to build physical vitality, increase mindfulness and increase inner energy to thrive. Morning classes will set you up for an amazing day and evening classes will help you unwind from your day and have a restful night.