



See our website:
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TE ANAU YOGA



July

Te Anau Yoga, Issue 43

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

July 1st – July 31st

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	5.30 - 7.00pm	Dwi	Classic Hatha & Therapy
Friday	5.30 – 7.00pm	Mariska & Susan	Kundalini & Nidra



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

TAY is celebrating **its 10th year Anniversary** providing yoga to our community. We couldn't be more grateful for all of your support & we would like to say thank you by inviting you all & your families to our big fun celebration. **Everyone Welcome!**

Sunday 12th of July * Yacht Club * 1 - 5 pm * All gear provided
(See invitation on next page.)



-The class on Friday 3rd will be **cancelled**, sorry for any inconvenience.

We will also offer:

- * ***Full Moon Circle*** on Sunday 5th July from 7.00 - 9.00 pm
- * ***New Moon Circle*** on Tuesday 21st July from 7.00 - 9.00 pm
(Place to be confirmed & Koha)

* Be kind * Slow down * Take extra time to arrive * Allow yourself to take a moment & a breath * Enjoy * Namaste *



Te Anau Yoga 10 Years Celebration

Sunday 12 July 2020 1-5PM
Merakura Yacht Club

Join us for an afternoon of Community Yoga Festivities!

Kick off @1.30pm with a Yoga Taster: Teachers' Co-Creation

Followed by: Family Yoga * Partner Yoga * Voice of Yoga
* Intro to Meditation * The TAY Challenge * Cake * Music *

Free Family Friendly Community Event

Gear provided



For more info email teanauyoga@gmail.com or check our Facebook page