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TE ANAU YOGA



February

Te Anau Yoga, Issue 50

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

February 1st – February 28th

DAY	TIME	TEACHER	CLASS
Monday	6.00 -7.00 pm	Alina	Hatha Yoga
Wednesday	6.00 -7.30 pm	Dwi	Classic Hatha & Therapy
Friday	12.05 -1.05 pm	Mariana	Hatha Yoga
Saturday	10.00 - 11 am	Nico	Ashtanga Vinyasa Fusion



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

Hello everyone, we have very exciting news for you this month.

-Dwi is Back!!! She will be teaching on Wednesdays from 6 -7.30 pm her Classic Hatha & Therapy class. First class on February 3rd.

- Mariana's classes have been running for 2 weeks already and she will carry on for the month of February too. Come and try her Lunch Hatha Yoga class on Fridays from 12.05 - 1.05 pm.

- We want to welcome our new teacher Nico, who will be teaching an **Ashtanga & Vinyasa Fusion** on Saturdays from 10 - 11am.

First class on February 6th. *See more information below*

* Be kind * Slow down * Allow yourself to take a moment & breath * Namaste*

Hatha Yoga with Mariana, Fridays 12.05- 1.05 pm

I started practicing yoga in 2014 while living in Queenstown and was fascinated by the positive impact a single practice can have on ourselves. My interest for alternative medicines has pushed me to learn Traditional Thai Yoga Massage in Chiang Mai, Thailand 2015. A year later I attended a Holistic massage training course in Queenstown. And in 2019, it took me all the way to Rishikesh, India where I completed my 200hrs Hatha Yoga Teacher Training. I have recently moved to Te Anau and decided it was my time to start sharing some of the amazing teachings I have learnt along the way.



Ashtanga Vinyasa Fusion with Nico



About myself

I've always had a fascination and admiration for exercising and good health. Playing different sports in my childhood to then become a bodybuilder in my teenage years, this was how my path into wellness started. Throughout the years I started exercising in a much more holistic way taking better care of my own body. This mindset was what led me into yoga, asana practice.

In 2019 I decided to visit India to get more knowledge from the source and started teaching as soon as I got back to New Zealand.

I really enjoy it and I am happy to be sharing this amazing way of life.

Class description, Saturdays 10.00 – 11.00 am.

Ashtanga Vinyasa Fusion, Saturdays 10.00 – 11.00 am.
Combination of Ashtanga poses and Power Yoga for an intense asana practice where you'll find yourself defying your mind and body to overcome your limits.

All levels welcome, trust you can do it.

