



See our website:
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TE ANAU YOGA



March

Te Anau Yoga, Issue 51



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

Class Schedule

March 1st – March 31st

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 - 11.00 am	Nico	Ashtanga Vinyasa Fusion

News

- We are so excited to invite everyone to our Annual General Meeting.

On **Monday 15th of March at 7.30 pm at the Black Dog**, we look forward to seeing everyone there. For us to grow and move forward we need your help and support.
Come and join us.

- We are again in Alert Level 2. Please everyone follow all of the recommendations for class attendance under this Alert level.

Please see information below page 3.

-Dwi will be away for the first 2 weeks of March.

Alina will teach her class on Wednesday 3rd & Mariana will teach her class on Wednesday 10th.

More information

- Gentle reminder that Membership is due to be paid.

-On Saturday 6th from 11 am we will do a full cleaning of TAY gear. It would be great to see you all support us, so come along and give us a hand.

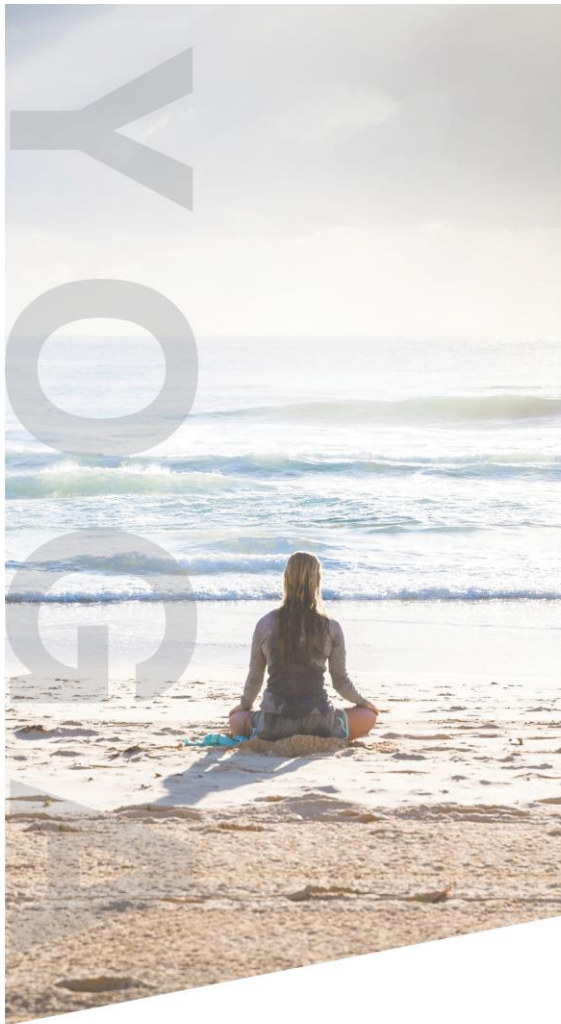
-Noeleen & the International Yoga Teachers Association have organised a workshop "Autumn Yoda Day". *See page 4 & contact Noeleen for more information.*

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

As of February 27th, we are again in Alert Level 2.

We will remind you 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.



AUTUMN Yoga Day

with IYTA teachers:

NOELEEN BOLGER

(Te Anau)

LISA MORRISON

(Dunedin)

Join us for a beautiful day of Yoga and connection in the peaceful and tranquil setting of Te Anau to replenish the body & soul.

OUR DAY WILL INCLUDE:

- Hatha Yoga – mobilising after travelling, Energiser – Salute to 4 Directions/Yoga Soul Funk
- Sharing the 3 most useful books and/or websites that you use
- Lunch at the lake (Weather permitting, BYO lunch or purchase from our local 'Bao Now' or Cafes
 - Walk in nature, Interoceptive Yoga, Yin Yoga
- Completing our day with a meal out at our local Indian & Thai restaurant.

Saturday 20th March 2021

(registrations close 15th March)

**Fiordland Medical Centre,
Luxmore Drive**

Community room (Drive past the main entrance, around to the back of the building for carparking and entrance.)

**IYTA Members \$40
Non IYTA \$60 65+ \$50**

Please bring: Water bottle/Yoga mat/
props/bolster

Bookings essential (limited numbers)
Email Noeleen: grant.noeleen@xtra.co.nz
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Bank details: Westpac 03-1395-0587970-000