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TE ANAU YOGA



May

Te Anau Yoga, Issue 53



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

May 1st – May 31st

DAY	TIME	TEACHER	CLASS
Monday	6.00 -7.00 pm	Alina	Hatha Yoga
Wednesday	5.30 -7.00 pm	Dwi	Classic Hatha & Therapy
Friday	12.05 -1.05 pm	Mariana	Hatha Yoga

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

- Mariana will be teaching Alina's Monday evening class on the 10th of May.
- Noeleen will offer a **Ying Yoga class** again this month on Friday 21st from 6.00 - 7.30 pm. \$15 for Non-Members - \$10 for Members.

Exciting! Mariska will be in Te Anau at the end of the month & she is keen to offer a **Women's Full Moon Circle** on Friday 28th of May from 7 - 9 pm. For Koha

- Dwi will be offering a **Classic Hatha & Therapy Class** this month & May is the last month she will teach for Te Anau Yoga, as she is moving to Australia. Her last class will be on Wednesday 26th of May.

On behalf of all our Te Anau Yoga community we want to say the biggest & warmest goodbye to Dwi. Thank you for sharing your passion, time & love for yoga with us.



Thanks for teaching passionately, & walking by our sides on this yoga journey that we are all in.

We will especially miss your warm smile, lavender eye pillow & your lovely massage.

You will be truly missed by everyone, & we want to take this opportunity to wish you the best in your new adventure. We hope to see you on the mat again soon!

