



See our website:

[www.teanauyoga.co.nz](http://www.teanauyoga.co.nz)

Email contact:

[teanauyoga@gmail.com](mailto:teanauyoga@gmail.com)



# TE ANAU YOGA



June

Te Anau Yoga, Issue 54

*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>



*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*

DAY	TIME	TEACHER	CLASS
Monday	6.00 -7.00 pm	Mariana	Hatha Yoga
Wednesday	6.00 -7.00 pm	Mariana	Dynamic Flow
Friday	12.05 -1.05 pm	Mariana	Yin Yoga

## News

Alina will have a well-deserved break for 3 months. June, July & August are the months she will be away. We wish her the best & look forward to having her back.

Mariana will be teaching 3 classes this month, thank you so much for making sure yoga gets to everyone! This month she will be offering a *Hatha Yoga, Dynamic Flow Yoga & Yin Yoga*. *More info below.*

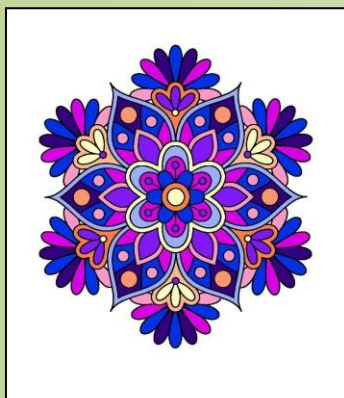
Mariana's class on Monday 7<sup>th</sup> will be **cancelled** for Queen's Birthday weekend. Sorry for any inconvenience.

Noeleen will offer a Ying Yoga Class on Friday 25<sup>th</sup> of June from 6-7.30 pm.  
\$15 for Non-Members - \$10 for Members.

TAY will be hosting **Te Anau Yoga's first Yoga Retreat** in beautiful Fiordland & we are thrilled to invite you to participate in it!

More information Below on Page 3.

## Wednesdays & Fridays with Mariana



***Dynamic Flow Yoga, Wednesdays 6.00 -7.00 pm***

*This class is a combination of still poses, energetic sequences and relaxation.*

*Synchronizes movement with breath, linking the postures together into a dynamic practice. All levels welcome.*



***Yin Yoga, Fridays 12.05 - 1.05 pm***

*The perfect complement to the dynamic styles of yoga or other physical practices.*

*By stretching and deepening into poses, we're opening up any blockages and releasing that energy to flow freely as well as working the deeper tissues of the body.*

## Winter Moom Dreams



Susan, Mariska, Mariana & Tina are co-creating this retreat as a space to share amongst other women, where we can all experience a weekend of unwinding, motivation, relaxation & companionship. Join us for yoga classes (Hatha & Yin Yoga, Yoga Nidra), guided meditations, sound healing & women circles.

**All levels are welcome**

Location: Borland Lodge, Blackmount

(see [www.borlandlodge.co.nz](http://www.borlandlodge.co.nz) for info and pictures)

***Starts: Friday 11<sup>th</sup> June at 5pm      Ends: Sunday 13<sup>th</sup> June at 3pm***  
***\$200 for TAY members, \$220 non-members***  
***(payment info at the end).***

***This covers two nights of accommodation, all classes & workshops,***  
***a welcome dinner on Friday evening***  
***( rest of the meals will be prepared together from food everyone***  
***brings along).***

### ***What to bring?***

- *Food to add to shared vegetarian meals (2 breakfasts, 2 lunches, 1 dinner). We will cook, eat & clean all together.*
- *Yoga mat & blanket (and any other yoga gear)*
- *Something you would like to share, be it chocolate, tea, your favourite book, crystals, etc.*
- *A gift which will be exchanged at some point during the weekend. It can be something made by you, found in nature, upcycled, etc. It doesn't have to be something new, just something with a meaning.*
- *Coloured pencils and/or pens & a notebook.*
- *Torch, warm clothes, rain jacket & hiking boots if you want to do some walks around.*

*Payment & booking: A \$50 deposit is required to book your space.*

*The pending \$150 needs to be paid before June 1st.*

*Make sure you include your surname & RETREAT as a payment reference.*