



See our website:

www.teanauyoga.co.nz

Email contact:

teanauyoga@gmail.com



TE ANAU YOGA



April

Te Anau Yoga, Issue 62



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](#), you can find us at www.teanauyoga.co.nz

Class Schedule; April 1st -30th

DAY	TIME	STYLE	TEACHER
Monday	6 - 7.15pm	Hatha Flow	Angie
Wednesday	6.45 – 8pm	Yin	Angie
Thursday	12- 1pm	Vinyasa Flow	Cris
Saturday	9.30-10.30am	Vinyasa Flow	Cris

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

TAY NEWS

Apologies for the late newsletter, but we have some exciting news. We would like to introduce Angie to the Te Anau Yoga family, Angie will be offering two classes a week alongside Cris's two classes. All classes will be at the community centre without the need for vaccine passes to attend. Keep reading to find out more 😊



Kia Ora Koutou!

I just moved to Te Anau and I'm already looking forward to share my practice with you!

My passion for yoga started ten years ago when a new friend invited me to his yoga class... And that was it! After that one practice I felt content for the rest of the day, I was no longer worrying about the long return home, I was feeling safe and already home in my own body.

My first training was Hatha yoga, in Argentina, my home country. When coming to Aotearoa I practiced Bikram and fell in love with Vinyasa. Went to Bali to practice Ashtanga with certified teachers. And then to Rishikesh, India to study, practice and deepen into the roots of this union with the self.

Have done Anatomy studies and Antenatal Therapeutics with Yoga Medicine in person and online and Yin Yoga with Paul Grilley.

I love all the styles, they're all yoga and all of them have served me in different processes of my life and taught me different things.

I hope you come and join me in this beautiful journey of yoga.

Namaste

Class Descriptions

Hatha Flow with Angie

A class designed for people who enjoy the process of staying in a pose for a few breaths or might be new to yoga. You'll have a little bit of variety. Starting with a short meditation to fully arrive into the present, continuing with a gentle warm up. Allowing time to wind down and to easily come to a slight yoga nidra Savasana.

Yin Yoga with Angie

This is a class designed to work deeper but slower. In Yin we hold the postures for longer periods of time, there are no warm ups. In Yin we work with the deeper tissues and tendons physically, and bones and mind energetically.

Vinyasa Flow with Cris

My class is a mix between Vinyasa and Dynamic flow. Starting slow, then gently increasing movement before an energetic finish. I focus on primary asanas and then slowly progress during the class. We will do modification depending on the experience of students, always listening to our body and what we need in that moment.

A message from Mariana

It has been a real pleasure to share yoga in this beautiful town. I will be taking a few months off to welcome my baby and will definitely be looking forward to get back into teaching once I feel ready. I'm happy that new teachers have arrived into town and can continue sharing the love for yoga. I will probably see some of you in one of their classes or somewhere around town. Much love, Mariana