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TE ANAU YOGA

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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 keep you updated on class schedules, teacher information and interesting wellness articles. Like our Facebook page to follow us

www.facebook.com/Te-Anau-Yoga

or you can find us at www.teanauyoga.co.nz

Class Schedule;

From January 18th - 31st

Mon night with Alina	6:00 – 7:00pm
Wed night with Mariska	5:30 – 7.00pm
Fri midday with Mariana	12:05 - 1:05pm

*****Pop up Class*****

Thurs 21st with Susan **7:00 - 8-00pm**
“The Sacred Medicine of Sound” see below for more information!

Follow me to the next page,

TAY NEWS

A few changes as we kick of the year.

Firstly I would like to introduce and welcome Mariana our newest teacher with a quick intro from her and her class description.

Mariana – I started practicing yoga in 2014 while living in Queenstown and was fascinated by the positive impact a single practice can have. My interest for alternative medicines has pushed me to learn Traditional Thai Massage in Chiang Mai, Thailand in 2015. A year later I attended a Holistic massage training course in QT, then 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 time to start sharing some of the amazing teachings I have learnt along the way.

NEW CLASS – Firday 12:05pm -1.05pm with Mariana

Class Description: Hatha Yoga. All levels welcome! A gentle but powerful class focusing on slowly flowing from pose to pose. Postures are practised to align, strengthen and promote flexibility in the body. Full-body relaxation and balance are some the goals.

- **Dwi** will be back teaching in February, until then **Mariska** will offer a Beginner Yoga and Yoga Nidra class on Wednesday evenings.
- **Alina's** Monday evening class will continue as normal.
- **Susan** will offer pop up classes for January and February, and be back teaching more regularly in March.

**Join us on Thursday for "The Sacred Medicine of Sound" on the 21st January
7:00 – 8:00pm**

Sound is sacred. Sound is powerful. The vibration of music connects us, heals us and expands our hearts. It has the power to transform mind, body and spirit, connecting our subconscious and conscious mind, encourages neuroplasticity and relaxation.

Join us for an hour of experiencing the transformative qualities of healing with sound. A relaxing, cleansing experience of using specific MGz, Tibetan sound bowls and your own voice.