



See our website:
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March

Te Anau Yoga, Issue 28



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

www.facebook.com/Te-Anau-Yoga, you can find us at
www.teanauyoga.co.nz

Class Schedule

From March 1st – March 31st

Mon night with Alina <i>Flexibility, Strength, Balance</i>	6:00 -7:00pm
Tue lunch with Alina <i>Relax and Unwind</i>	12:00 - 1:00pm
Wed night with Noeleen <i>Hatha Yoga</i>	5:30 - 6.30pm
Thurs morning with Noeleen <i>Morning Awakening</i>	6:00 -7:00am
Thurs lunch with Tammy <i>Vinyasa Flow</i>	12:05 -1:05pm

Follow me to the next page,

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NEWS

- Noleen has opened up her 6am -7am Morning Awakening Class to everyone, looking forward to seeing you then. **This class will be cancelled on March 14th.**
- Alina will be teaching Tammy's Thursday lunch class on **March 7th and March 14th.**
- When becoming a member, remember to write your name as a Reference to make sure we know it's you.
- Our new Website is up and running! Check it out and feel free to give us some ideas and comments, we would love some feedback. www.teanauyoga.co.nz

What is Ayurveda?

Ayurveda in Sanskrit, literally means "The science of life."

Practiced for over 5000 years in India, it is known as the sister science of yoga. It is based on the simple laws of nature and is as simple and complicated as that. It is a way of living, of improving your health, your emotional well being, your joy, your juice, your "ojas".



It is applicable to anyone and can be utilized on whatever level you want: from how to eat simply, inexpensively with foods that will nourish YOUR body in any particular season or situation, to a slowly integrated lifestyle change.

It is holistic, meaning that we all are more than the sum of our parts, and addresses issues on a physical, mental, emotional spiritual level.

It seeks to find the root cause of conditions, not simply the physical manifestations. Or you can use a few hints on how to simply and inexpensively detox or manage annoying problems you have. The choice is yours.

Ayurveda is not a silver bullet to shoot down all of your physical, spiritual or psychological issues by taking a tablet. It is in a large part, about assuming responsibility for your health, Many of us have outsourced our innate healing abilities. I am a RN, and value the gifts that western medicine has to offer: anyone who has had an emergency C section or a car crash, or a life threatening systemic body infection will appreciate the benefits of modern western medicine, myself included. But with Ayurveda, you are able to manage your health BEFORE life threatening dis ease sets in, and to do the deeper work to improve your health AFTER the big scare. In India, Ayurveda and Western physicians literally work side by side.



My Journey

My own personal “crash and burn” in 2007, led me to reevaluate and restart my journey, thro yoga, predominately Kundalini Yoga. My interests gravitated towards another way of healing and being, and the path and joys of Ayurveda became a way of living. It has been a journey, but I am now off all anti hypertensive medication, asthma medication and have been asthma free for over 5 years. I am happier, healthier, fitter and more fulfilled at 60 than I was at 50.

I know we all have the innate knowledge to heal our bodies and our wounds. WE only have to take a deep breath, believe in our bodies, and ourselves and take the first step. All else will follow.

I welcome the opportunity to share these gifts with you.

Namaste



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