



Every Body's Yoga



SPRING WORKSHOPS

October 5th 6th & 7th 2012

ॐ YOGA FOR LIFE - ENHANCE & ADVANCE YOUR HOME PRACTICE

ॐ YOGA THE ULTIMATE - CROSS-TRAINING TOOL TO INSPIRE & IMPROVE YOUR SPORTS PERFORMANCE

A weekend of affordable and accessible Yoga with inspiring and highly-skilled tutors ; catering for beginners to advanced students.

FRIDAY October 5: 5.30pm to 7.30pm
 SATURDAY October 6: 11am to 1pm & 2.30pm to 4.30pm ...
 SAT evening: Dessert & Movie 6.30 - 9.00pm
 SUNDAY October 7: 9.30am to 12.30pm

WEEKEND INVESTMENT: Non members
 \$120 Package OR: \$25 per Workshop (x 3)
 Friday & Saturday. \$45 Sunday Workshop.
 \$10 Dessert & A Movie - Saturday Evening.

TYC MEMBERS DISCOUNT: \$85 Package or:
 \$5 Friday Workshop
 \$20 Saturday Workshops (x 2)
 \$40 Sunday Workshop
 \$10 Dessert & a Movie Premiere Sat evening

ॐ FRIDAY EVENING ENHANCE AND ADVANCE YOUR HOME PRACTICE

Friday evening: 5.30pm to 7.30pm with Instructor Helen Paul-Smith

This workshop is designed to give you some manageable take-home sequences - suitable for all Yogis no matter what style of yoga you generally practice - give it a try...and find out how Ashtanga - a flowing style of yoga where you move smoothly from one posture to the next - can work for you.

Helen Paul-Smith has been privileged to study with some of the best Ashtanga Yoga teachers in the world. She is also a qualified Ayurvedic Practitioner.

ॐ SATURDAY LATE MORNING IMPROVE TRAINING & SPORTS PERFORMANCE WITH YOGA SATURDAY: 11AM - TIL 1PM WITH INSTRUCTOR PENNY MITROPOULOS

Suitable for individuals with some understanding of yoga practice. Penny will look at the importance of balance, strength, flexibility and core.

This workshop is designed for Sports people across all disciplines and levels wanting to; avoid injury, generally inspire their training and sports performance , and develop their understanding of body maintenance.

People simply wishing to deepen their general knowledge of yoga will also benefit from this workshop.

Penny has spent 18 years training in and teaching Iyengar yoga in NZ and India. Penny strives to deepen yoga practice with the precision and alignment of the Iyengar method. She has special interest in enhancing sports performance through Yoga.





ॐ SATURDAY ARVO

TAKE HOME RESTORATIVE AND
THERAPUTIC YOGA

SATURDAY 2.30-4.30 pm WITH
INSTRUCTOR CURLY WEST

This workshop will include some practical home practice guidelines - some inversion poses and pranayama breathing & relaxation techniques will be included.

All students should bring a crepe bandage to use in this workshop.

Curly has been teaching Yoga for 30 years. He is Iyengar and IYTA trained and has experience in New Zealand, England and America.

Curly strongly supports the importance of the larger philosophy of the Yogic way of life. His teaching focus takes an intensive, in depth approach to each posture.

ॐ SATURDAY EVENING

SOCIAL SATURDAY: 4.45- 6pm.

All invited for Dessert & a Movie - the premiere screening of 'YOGAWOMAN'
Non alcoholic drinks included.

GUESTS WELCOME - \$10

ॐ SUNDAY MORNING

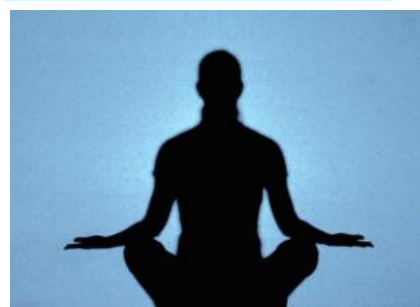
CORE ...BUT NOT HARD CORE

for Yoga - for Sport - for Life

SUNDAY 9.30 am TO 12.30 pm WITH
INSTRUCTOR TONY TER ELLEN BY
SPECIAL INVITATION

The place where all things move from - whatever your sport or life activity. An ideal workshop for all Yoga practitioners and athletes to help find the essential stability for your practice and sports performance. This workshop will be highly educational. Tony will also explore visualization techniques for influencing core use and postural alignment.

Tony has been a yoga teacher and body work practitioner for more than 25 years. He imparts a deep knowledge of the workings of the body and borrows from many sources when teaching, His eclectic style is a fusion of his training in yoga, physiology, meditation, massage, feldenkrais, pilates, and sports and weight training.



WEEKEND INVESTMENT: REGISTRATION

NON MEMBERS: \$120 PACKAGE OR: \$25 PER WORKSHOP (X 3) FRIDAY & SATURDAY
\$10 DESSERT & A MOVIE - PREMIERE - SATURDAY EVENING. \$45 SUNDAY WORKSHOP

TYC MEMBERS: \$85 PACKAGE OR: \$5 FRIDAY WORKSHOP \$20 SATURDAY WORKSHOPS EACH (X2)
\$10 DESSERT & A MOVIE - 'YOGAWOMAN' - SATURDAY EVENING. \$40 SUNDAY WORKSHOP.

TO REGISTER: SEND cheque & workshop choices & your details to: TYC PO Box 191, Tauranga, 3110
OR: INTERNET banking - a/c no: 38 9004 0616591 00 code; TYCwkshp AND...

EMAIL your details & WORKSHOP selection TO: info@taurangayoga.org.nz

