

BREAKING NEWS.....advance notice...

Tauranga Yoga Centre Spring Workshops

WORKSHOP PROGRAMME:

SATURDAY & SUNDAY, SEPTEMBER 21st & 22nd, 2013

SATURDAY 21st September with Tony ter Ellen: 11am to 1.30pm

The way we bear or shift weight can lead to a way of simplifying some aspects of many poses. In most poses there is some 'decision' to be made about weight transfer. Tony investigates the way we transfer our weight from two legs to one and looks at other transition movements between connected poses, such as: from plough pose to shoulder stand.

Lunch 1.30pm to 2.15pm

Saturday 21st: Ropes session ONE with Karen Johnston: 2.15pm to 3.30pm.

Come & find out ways your body and your yoga can benefit from using the new ropes wall installed at TYC earlier this year. Numbers strictly limited to ensure you get the most from this session. A second ropes session will be held on Sunday 22nd with Tania Hanna between 9am & 10.15am – numbers also strictly limited.

Saturday 21 with Curly West 4pm to 6pm.

Back by popular demand... Curly will be running a restorative class... no doubt he will take participants to new places this year.

Social hour from 6 to 7pm and includes teas, juices, soup and nibbles.

SUNDAY September 22nd. Ropes session TWO with Tania Hanna, 9am to 10.15am

Sunday 22nd with Christine Terry and Sue Furey 10.30am to 12.30pm:

Hands on help: This session will assist beginners particularly (but is not exclusively) to deepen their understanding of the benefits of exploring correct alignment, when moving into and out of asana. The focus will be on exploring standing and forward bending asana.

Shared Lunch 12.30 to 1.30pm: bring a vegetarian dish

Yoga Nidra 1.30pm to 2.30pm: with Brigid Macalister.

Breathe life into your life – deep investigation into the centre of all yoga: *The Breath*. Relaxing, essential and the perfect way to end your workshop weekend.

REGISTER YOUR INTEREST NOW

TAURANGA YOGA CENTRE 173 ELIZABETH STREET TAURANGA

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