

# Tauranga Yoga Centre



is hosting a  
**Beginners Hatha Yoga Workshop**

with teachers

**Sue Furey & Brigid Macalister**

**Saturday 24<sup>th</sup> May**

**11am to 1.30pm**

**(Students are then welcome to stay on for a cup of tea)**

**\$25 per person**

This class is suitable for beginner students and it will:

- assist students to deepen their understanding and experience of selected asana
- have two teachers so there is more assistance available for alignment /adjustments and or alternative posture suggestions
- finish with a long guided Yoga Nidra to finish the class

**To register and/or gain further information**

**Call Sue 075741339/0211719351 or**

**email [fureys@kinect.co.nz](mailto:fureys@kinect.co.nz)**