

**Tauranga Yoga Centre**  
Presents  
**A workshop for Beginner Yoga students**

With tutors;  
**Christine Terry and Sue Furey**

**Date: May 26<sup>th</sup>**  
**Time: 1pm to 3.30pm**  
**(We will finish with refreshments & a time to socialize/ask questions)**

**Investment: \$25**

This workshop will assist new to yoga students (and those doing a restorative practice) to explore and deepen their understanding of yoga asana and thus, make it safer, achievable and more enjoyable.

We will explore the following:

- Yoga breathing, correct alignment and techniques on how to gain more flexibility
- Gaining strength and stamina in the Standing poses: These are the most important asana for beginner students
- The appropriate use of props/ & partner work.
- With two tutors available, you will get some individual attention and assistance. (Some partner work may be required for some asana )

**Tutor Profile**

Christine and Sue are both IYTA certified teachers, with many years of personal asana practice between them. (Profiles are on the TYC website)

**Register 23 May :**

(you can pay on the day but registration will secure your spot)

**Send email to Sue---** [fureys@xtra.co.nz](mailto:fureys@xtra.co.nz)

**Include your contact details:** \_Name, postal address, email; and phone number/s

**Payment :** *By cheque* ; post to TYC PO BOX 191 Tauranga 3114

*Or internet banking* To: Tauranga Yoga Centre, 38 9004 0616591 00 ( Payment Code TYC –Wkshp)

And advise of internet payment to [fureys@xtra.co.nz](mailto:fureys@xtra.co.nz)

***Cancellations up until 23th May will be fully refunded*** *Disclaimer: All participants must understand that there are risks involved in participating in all physical activities an that when attending yoga events they must assume full responsible for their own safety and care. (TYC Committee 2012). (In event of cancellation full refunds will be made)*