



Tauranga Yoga Centre presents: A workshop for Beginners.

Suitable for beginners, and 'Every Body' new to yoga

**Saturday September 15
11am to 1.30pm**

**Tutors
Christine Terry and Sue Furey**

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

Investment: \$25

This workshop will assist beginner students, to explore and deepen their understanding of yoga asana. It will increase your awareness of your own body and therefore assist in making your practice both enjoyable and safe.

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 important asana for beginner students
- The appropriate use of props/ & partner work

With two tutors available to assist, you will get some individual attention and assistance. (Some partner work may be required for some asana)

Register by 12 September :

Send email to Sue--- fureys@xtra.co.nz

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

Payment : Internet banking To: Tauranga Yoga Centre 38 9004 0616591 03 (Payment Code TYC –Wkshp)
And advise of internet payment to fureys@xtra.co.nz; **Or pay cash or cheque on the day. But make sure you register first.**

Disclaimer: All participants must understand that there are risks involved in participating in all physical activities and that when attending yoga events they must assume full responsibility for their own safety and care., TYC Committee 2012 (In event of cancellation full refunds will be made)