

**Tauranga Yoga Centre
Presents
Winter Warmer Workshop for Beginners**



**Saturday April 13, 2013
11.00 am to 1.30 pm**

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 members

\$35 non members

- This workshop is designed to work through a sequence of poses which support the lymphatic system and therefore help to build your immune system in time for the winter
- There will be some supported and inverted poses and poses to build strength and stamina
- Some poses will be practiced using props to assist with alignment and balance
- You will go home with handouts and diagrams so you can then use this sequence in your home practice

Plus you will also be given afternoon tea and some yummy recipes to take home which will aid you in your 'immunity boosting regime'.

Register by 11 April :

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

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

Payment : Or 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 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 responsible for their own safety and care., TYC Committee 2012 (In event of cancellation full refunds will be made)