

YOGA AOTEAROA -INTERNATIONAL YOGA TEACHERS ASSOCIATION (N.Z.) INC.

AUCKLAND-UPPER NORTH ISLAND BRANCH YOGA DAY

ALL WELCOME ☺

DATE: SATURDAY 22 JUNE 2013

TIME: 11.30 am-3.30 pm

VENUE: TAURANGA YOGA CENTRE, Elizabeth St West, Tauranga (off Elizabeth St –off Cameron Rd, or off Takatimu Drive)–at end of road

INVESTMENT: \$20 members \$ 25 non -IYTA members \$ 30 door sales

PLEASE BRING: Mat. Props are available at TYC –but bring your own blanket/rugs/cushion/pillows if you prefer to, to support and nurture your body.

***Strength and Movement
with Tauranga Yoga Centre Teachers***

11.30am – 1 pm **Standing Postures** to build Strength and Stamina; followed by some **Inversions**, to build strength in the upper back, space in the shoulders, and overall confidence and integration in our practice.

1 - 2.00 pm **Lunch (BYO shared lunch –please bring a plate)**

2.00 - 3.30pm **Twists and some seated postures:** When performed with attention and intention, **twists** penetrate deep into the body's core, offering potent benefits to the muscles and organs of the torso, while encouraging the breath to grow deep and full. Then some **Seated postures** to bring us back to Gaia, quieten the mind and go within.
Finishing off with some **Restorative Yoga / Pranayama.**

Please register/book by completing the form below and sending a cheque payable to IYTA to FRANKY LEWIS: 50 Cochrane Avenue, Arkles Bay, Whangaparaoa 0932.

Tel. 09 428 0190 OR Email: fandalew@paradise.net.nz

Please register me/us for the IYTA Yoga Day on 22 June 2013

Name/s.....

Investment..... Email.....

Telephone.....