



TAURANGA YOGA CENTRE SPRING  
WORKSHOP PROGRAMME 2013

Saturday & Sunday September 21 & 22

REGISTER NOW 

**SATURDAY SEPTEMBER 21st** 

**TRANSITION & DISCOVERY: with TONY TER ELLEN**  
11am - 1.30pm. \$50 (\$40 TYC members)

The way we bear or shift weight can lead to a way of simplifying some aspects of many poses. In most poses there is some 'decision' to be made about weight transfer. Tony investigates the way we transfer weight from two legs to one, and looks at other transition movements between connected poses; such as in moving from plough pose to shoulder stand.

**LUNCH 1.30pm to 2.15pm**

**ROPES SESSION ONE: HANGING ABOUT with KAREN JOHNSTON 2.15pm - 3.30pm. \$25 (\$20 members)**

Come & find out ways your body and your yoga can benefit from using the new ropes wall installed at TYC earlier this year. Numbers strictly limited to ensure you get the most from this session.

**MOVING OUT OF THE DARK: with CURLY WEST 4pm – 6pm. \$45 (\$30 TYC members)**

Back by popular demand; Curly will be lead another of his legendary restorative classes... no doubt he will guide participants to new places this year. *Please bring a crepe bandage to this workshop.*

**SOCIAL HOUR from 6 to 7pm:** includes teas, juices, soup and nibbles. Please Note: \$10 cost for those not attending Curly's afternoon session. **ALL WELCOME.**



**SUNDAY SEPTEMBER 22<sup>ND</sup>** 

**ROPES SESSION TWO: with TANIA HANNA**  
9am - 10.15am. \$25 (\$20 TYC members)

Numbers strictly limited to ensure you get the most from this session.

**HANDS ON HELP: with CHRISTINE TERRY & SUE FUREY 10.30am - 12.30pm. \$35 (\$25 TYC members)**

This session will assist you deepen your understanding of the benefits of exploring correct alignment when moving into and out of asana. The workshop will be particularly helpful to beginners, but also very beneficial to anyone practicing yoga. The focus will be on exploring standing and forward bending asana.

**SHARED LUNCH 12.30pm - 1.30pm**  
Please bring a vegetarian dish.

**YOGA NIDRA: with BRIGID MACALISTER**  
1.30pm - 2.30pm. \$20 (\$10 TYC members)


Experience yoga nidra – a state of deep and blissful relaxation.

The perfect way to end your workshop weekend.



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022 3503891

Email: [info@taurangayoga.org.nz](mailto:info@taurangayoga.org.nz)

[www.taurangayoga.org.nz](http://www.taurangayoga.org.nz) 

**WEEKEND INVESTMENT & REGISTRATION**


**NON MEMBERS: All weekend \$ 170: includes all workshops/or Saturday only \$110/Sunday only \$70.**

**TYC MEMBERS: All weekend \$140: includes all workshops/or Saturday only \$90/Sunday only \$55.**

**TO REGISTER: SEND cheque & workshop choices & your details to: TYC PO Box 191, Tauranga, 3110.**

**OR: INTERNET banking - a/c no: 38 9004 0616591 00 code: TYCwkshp and please also ...**

**EMAIL your details & WORKSHOP selection TO: [info@taurangayoga.org.nz](mailto:info@taurangayoga.org.nz)**

thank you 

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. In the event TYC cancels this weekend workshop a full refund will be given. Registrations cancelled after September 12 will incur a \$20 administration fee. Tauranga Yoga Centre 2013.