



TAURANGA YOGA CENTRE
INC
Every Body's Yoga

PRESENTS
Self-Discovery Yoga Workshop
With Lance Schuler
25-26 January 2014

4 SESSIONS – ALL LEVELS of EXPERIENCE

**All components of the workshop are sequential;
although classes can be taken individually.**

CLASS 1 SATURDAY 12PM-2PM OVERVIEW AND GENERAL ASSESSMENT

Key Areas: Flexibility/Strength/Balance/Endurance.

Establish a connection of all key areas with breath, bandahs, and asana.

Implementation of a whole body asana workout.

CLASS 2 SATURDAY 3PM-5PM THE PILLARS/BUILDING BLOCKS

Core strength and postural stability focus. Legs, abdominals, lower back and torso awareness.

Pranayama directed to the physical body.

CLASS 3 SUNDAY 12PM-2PM MOBILITY/FLEXIBILITY OF BODY AND MIND

Physical component of class directed to inter-connective tissues and joints, primarily the spine, hips, shoulders, neck, knees, ankles and wrists. These areas will complement and stem from the building blocks previously identified.

Pranayama directed more to the subtle body.

CLASS 4 SUNDAY 3PM-4.45PM BALANCE AND UPPER BODY STRENGTH

A power workout, cultivating stamina, strength and mind focus incorporating a rhythmic breath.

Take your practice to every corner of your world with Back Bends, Twists, Forward Bends and Inversions.

INVESTMENT

Members: \$110 both days, or \$55 per day.

Non-members: \$130 both days, or \$65

REGISTER BY 22 JANUARY 2014 TO SECURE YOUR SPOT

SEND AN EMAIL to Sue: info@taurangayoga.org.nz.

INCLUDE YOUR CONTACT details: Name; postal address; email; and phone number/s.

PAY DIRECT: to 38 9004 0616591 00 (payment code is: TYC LS Wrkshp).

By Cheque: post to PO Box 191, Tauranga 3141.

CANCELLATIONS UP UNTIL 20 JANUARY AND WILL BE FULLY REFUNDED. Disclaimer: All participants must understand there are risks involved in all physical activities and when attending yoga events they must assume full responsibility for their own safety and care.

(In the event of workshop being cancelled – a full refund will be made).



Affordable Nonprofit Community Yoga

TYC Committee 2014.

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