

# Beginner's Workshop Saturday 9 August 2014

## Exploring Standing Poses With Tutors Brigid Macalister & Sue Furey

*Standing yoga postures* build the body's strength, balance and flexibility. They stretch and tone the muscles of the body and assist us to lengthen and tone the breath by working all the core muscle groups. They also stimulate the nervous system and improve circulation. Many of these poses serve as the starting position for other **yoga postures**, making them core **yoga poses**.



This workshop is suitable for anyone wishing to deepen their practice and understanding of standing poses.

- **Start time:** -11.00 am to 1.30pm -including 30 minutes of *Yoga Nidra/deep relaxation*
- **Investment:** - \$25 per person
- **Where:** Tauranga Yoga Centre 173 Elizabeth St west.

To register or inquire please contact Sue on [fureys@kinect.co.nz](mailto:fureys@kinect.co.nz) or txt or call  
0211719351 or Brigid on 07 543 4034