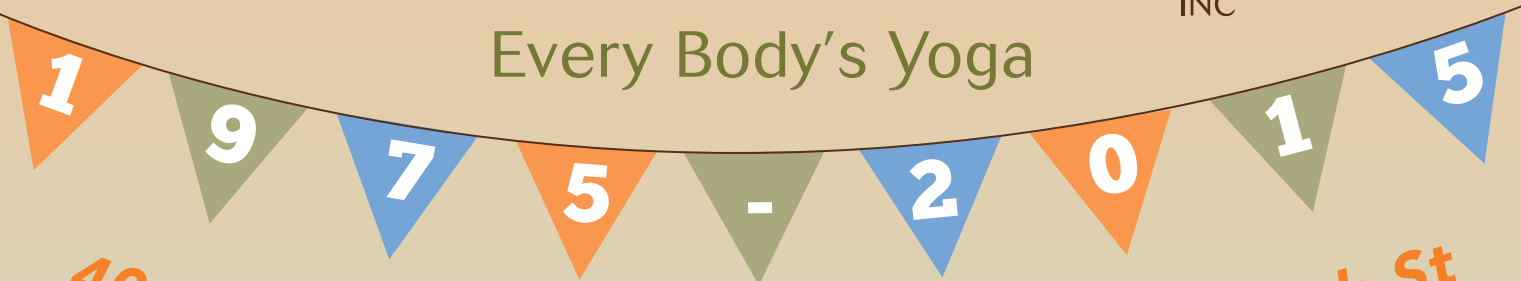




TAURANGA YOGA CENTRE INC

Every Body's Yoga



40 YEARS of community yoga in Elizabeth St
Join us in celebrating

**Saturday
14th November**

- 9am** Re-blessing of the Centre
- 10am** Yoga Philosophy & Demos
- 11.30-12.30** 70's Retro-Costume Yoga Class (gold coin donation)
- 12.30** Food, Fun & Music
- 2.30-4.00** Yoga with Tony ter Ellen (gold coin donation)

open
yoga classes
gold coin
donation

delicious
food &
drink

yoga
demos

Enjoy
lunchtime
performances
+ food stalls



Caitlin
performing
@ 7pm
Tickets \$10
@ door

173 ELIZABETH ST WEST, TAURANGA

For more information please visit www.taurangayoga.org.nz
Follow us on Facebook <https://www.facebook.com/tauranga.yoga>



TAURANGA YOGA CENTRE

INC

Every Body's Yoga



40 YEARS Join us in celebrating
of community yoga in Elizabeth St

Your Invitation...

The Tauranga Yoga Centre invites members, past members and the people of the Tauranga Moana community to celebrate 40 years of Yoga in Elizabeth Street on **Saturday 14th November**.

Please join us at 9am for a re-blessing of the Yoga Centre land and building in a special ceremony to acknowledge the history, the present and the future of yoga in our community.

The blessing will be followed by Chai Tea and nibbles and then a short talk on the philosophy of yoga and demonstrations of Ashtanga Flow, Dru Yoga and Ropes Wall work.

Then @ 11.30am – 12.30pm an open invitation **70's retro-costume** yoga class –

entry by costume and gold coin donation. *Limited numbers.*

Lunchtime: share food with friends & family - bring a cushion to sit on.

Shade awnings provided, Food trucks – vegetarian and vegan. Coffee cart. A stage... and live music performances. Face painting. Enjoy...

And then @ 2.30 – 4pm gold coin donation yoga class with Tony ter Ellen. *Limited numbers.*

EVENING CONCERT WITH *Caitlin Halliwell* (NELSON) 7PM

Caitlin has been specially invited to help us celebrate this day – bring your friends and settle in for an hour and a half of wonderful world music.

Tickets @ the door - \$10

Caitlin is a soulful musician with a repertoire of beautiful, yoga-inspired and connected sacred songs, sounds and chanting. She is strongly influenced by Celtic and Sanskrit music and plays guitar and flute. **See you there...** ☺

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