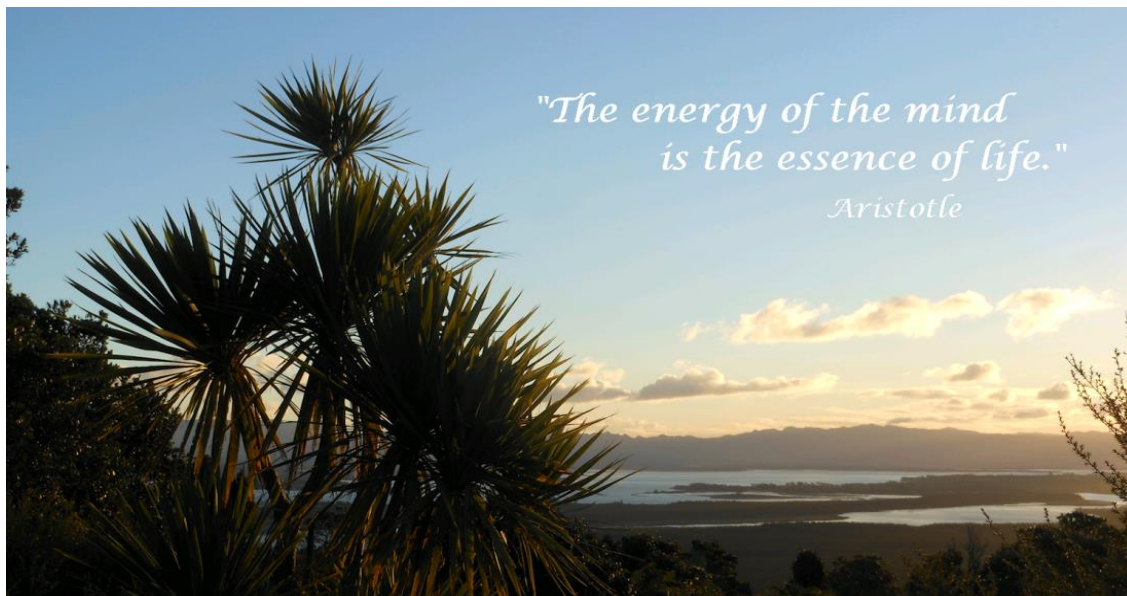


Master your Energy with *Energymind Yoga™*



Combine ancient wisdom with modern science – find your way to a new freedom that can profoundly change the way you relate to your world in the 21st Century!

The Upper Back, Neck and Shoulders:

An early afternoon workshop with Jan Beange – certified Viniyoga educator (500hrs)

Many people come to yoga looking for relief from everyday stress and pain. In this workshop, we'll explore the biomechanics of the upper back, neck, and shoulders as well as the energetics of the heart-mind. We will use simple asana (movement), pranayama (breath) and meditation to explore how these tools help us discover old patterns, encourage new freedom, and realize greater well-being.

Experience the applied science of simple and effective yogic tools to uplift your life:

- ✧ Body-breath integrated movement
- ✧ Practices that enhance energy
- ✧ Mindfulness in action (meditation)
- ✧ Healthy energy habits

Many of you may know Jan as a past Tauranga Yoga Centre member and Committee member (and also the former Mayor of Tauranga City). Now living in San Francisco, Jan recently completed the 500-hour American Viniyoga Institute training program as well as the Shambhala Sacred Path training that incorporates Mindfulness in Action.

Energymind Yoga™ integrates these practices into a fresh new approach that Jan is offering at the Tauranga Yoga Centre for people just like you.

Saturday 12th March 1.00pm – 3.30pm

Gold coin donation

Tauranga Yoga Centre, 173 Elizabeth St West