



TAURANGA YOGA CENTRE
INC
Every Body's Yoga

NEWSLETTER - WINTER 2016

Upcoming events

- Yin Yoga Workshop - 9 July with Sue Furey, 2pm - 4.30pm
- In-Depth Workshop - 16 July & 20 August with Curly, 2.30pm - 5.30pm

See posters at TYC, contact info@taurangayoga.org.nz or call 022 350 3891 for more information.

Namaste fellow yogis...

Welcome to our first newsletter in quite some time. We've had so many requests to bring it back we've been spurred into action! Contributions and feedback are always welcome. Read on to meet our new teachers, learn about the history of TYC, hear what the committee has been up to and find out plans for our website, new t-shirts and more! Namaste ☺



***The gesture Namaste** represents the belief that there is a Divine spark within each of us that is located in the heart chakra. The gesture is an acknowledgment of the soul in one by the soul in another. The word comes from the ancient language of Sanskrit and literally means "bow me you" or "I bow to you."*

TYC history - in a nutshell

Everybody's Yoga | Non Profit - Affordable - Community Yoga

The Tauranga Yoga Centre is a non profit, incorporated society that was founded over 40 years ago by like-minded yoga teachers who wanted **"to provide a sanctuary for the practice of yoga"**. Their aim was to bring the benefits of yoga to as many people as possible and this charitable intention towards members and the wider community is enduring. The centre is purposefully non-aligned and teachers have the freedom to teach their own style of yoga. The Tauranga Yoga Centre is run by a volunteer committee and relies on the honesty and goodwill of every user. When you pay your membership fee each term you automatically become a full member for the duration.

The philosophy of the Centre is embodied in the Eight Limbs of Yoga (including the Ten Living Principles - Yamas and Niyamas) and we will delve a bit deeper into these principles in future newsletters. These ethical precepts allow us to be at peace with ourselves, family and community - in other words, they help us in our everyday life.

A copy of the TYC Constitution is available at www.taurangayoga.org.nz. The Appendix embedded in the Constitution is an excellent read, as it expands on the philosophy and history of the Centre. Ask for a printed copy if you would like one.

The latest from the TYC Committee



We had our AGM on 1 April, 2016 and thank you to those who attended. It's great to see the membership increasing and the Centre in a sound financial position.

A big thank you to our dedicated committee who volunteer their time and energy to making sure everything runs smoothly.

If you'd like a copy of the AGM Minutes please email: info@taurangayoga.org.nz

A mixture of fresh faces and wise heads were elected to the Committee & Executive Council:

Officers - Curly West (Chairperson), Louise Thompson (Treasurer), Brigid Macalister (Secretary)

Committee Members - Autumn Falk, Sue Shoemack, Doug Doig, Pic Robertshawe, Lesley Macalister (Teacher Rep), Bronwyn Abbot

Centre Manager - Sue Furey is a part time employee and contributes many volunteer hours.

Executive Council - Marilyn Waddicor, Lyn Bernard, Craig Tuck

The Executive Council has an important role as it acts as 'the guardian of the purpose of the Tauranga Yoga Centre'. The council members have a thorough understanding of the intent of the organisation and its management systems and requirements. Their yoga wisdom, knowledge and understanding are highly valued and acknowledged by all society members.

Introducing our new teachers!

Louise Thompson and Duncan Catanach most recently joined our wonderful collection of teachers - a warmest welcome.



Louise is a physiotherapist currently working for the Bay Physiotherapy team and has recently taken on teaching the Saturday morning 9.15 am beginner Yoga class. Louise is near completing the IYTA yoga teacher training programme and finds more and more of her physio clients are benefitting from Yoga as part of their treatment.

"I also have a special interest in acupuncture and practice a Japanese style called Toyohari. My grandmother practiced Yoga and introduced me to it when I was very young. In turn I have been able to share this passion for yoga with my mother, now 75, and my 18 year old who regularly practise."



Duncan is teaching the beginner's class on Monday nights at 7.15pm. He is a Certified Iyengar teacher and has had extensive training with senior Iyengar teachers in the US, NZ and India.

"What I love about Iyengar yoga is its focus on alignment and the incredible depth and variety the style offers. This means there's always more to learn and it never gets boring! This is quite a strong physical style of yoga and is also fantastic for those new to yoga due to its emphasis on learning the fundamentals, including how to get in and out of poses safely, and its attention to body position in a pose. My teaching style is enthusiastic, caring and methodical. I'm committed to my own personal practice and continued development and welcome all to join me in the yoga journey."

In other news....

Raffles & Charities

The Centre has made a commitment to support three charities over a two-year period. These include the Breast Cancer Society, Yoga in Prisons Trust and Tauranga-based Hanmer Clinic. Some of our teachers have been involved with these charities through yoga teaching and training. Supporting appropriate charitable organisations aligns with the philosophy of the Tauranga Yoga Centre. We currently have two raffles on the go and there are some great prizes, kindly donated by our generous members. **There's a raffle being drawn this week – be quick!**



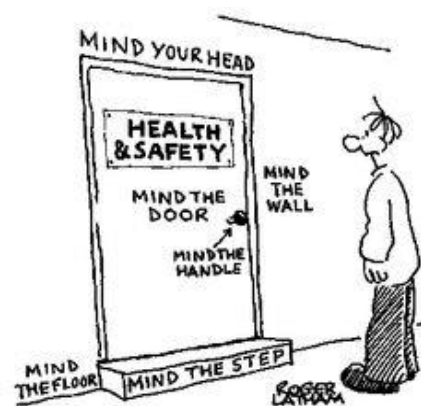
A first experience of Yoga from a Hanmer Clinic participant (2015)

'I was convinced yoga was not for me because my flexibility was shocking and I was sure I'd embarrass myself. In just one hour I was sold. I continued to attend when I could and the second half of last year I felt the best I have felt for a long time. I learnt the meaning of self-care during my time in recovery for alcoholism, but yoga was another whole level. It was a real feeling of self discovery and self care.'

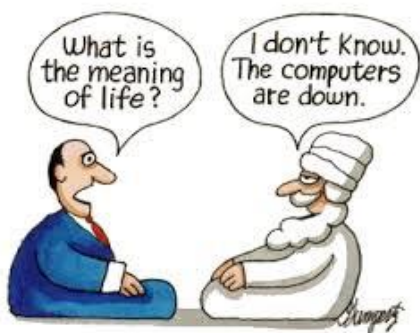
Health & Safety

The committee is currently reviewing our Health & Safety policy to meet the requirements of the new Health & Safety Act. One of our members is donating time and expertise to this project. It is important to fully understand the implications of the Act, as they apply to our Centre, and you will be kept informed.

Meanwhile be aware of your safety and that of others while at the centre – ask or inform your teacher if you have any concerns.



Our website is getting a makeover



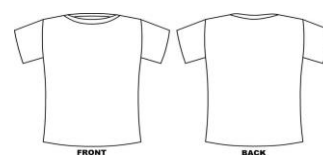
The TYC website is currently being refreshed to make it more functional and user-friendly.

We are working with a graphic/web designer who is kindly donating her time and website expertise, for which we are very grateful.

Down the track you'll be able to make online membership payments - thank you for your patience!

Would you like a TYC t-shirt?

We're considering a print run of new organic cotton TYC t-shirts. Would you be interested? If so, please add your name to the t-shirt book - indicating size and colour preference, and whether you'd prefer a singlet or t-shirt. (Your teacher will know where this is kept).



Parking

Unfortunately parking is at a premium and we are unable to provide parking for everyone, especially at busy times. We ask that you please:

- NOT park in our neighbours' car parks or the allocated Yoga teacher space
- Park cars close together in angle parks
- Leave room behind for another vehicle out the front of the building
- Consider other options: such as parking in nearby streets, car pool, bike, bus, or walk to yoga.



Props for sale

- New bolsters, packed with wool and slightly smaller than the ones at the Centre (\$90)
- Elasticised straps, quick release, which provide containment without restricting the action in asana (\$38)
- Cork blocks, very stable and solid (\$30).

Also! Pick up a copy of Tauranga Yoga Centre Guidelines: Etiquette & Important Information For All Members & Casuals, if you're interested.

