



**Springtime Workshop
with Sue Furey
@ Tauranga Yoga Centre**

Saturday 9th September 2017

Time: 1-3.30 pm

Cost: \$35

**Like the 'four seasons in day' nature of Spring- let's
play a little and explore taking some poses from a
'Yin' approach to a 'Yang' process**

This = Balance = "Hatha Yoga"

**Hatha is also translated as ha meaning "sun" &
tha meaning "moon."**

**Characteristics of Yin (female): darkness, shade, rest, matter,
digest, descending**

**Characteristics of Yang (Male): light, brightness, energy, activity,
rising**

**Thus we bring balance between the masculine & feminine
energies of the body /mind.**

***Yoga is not about perfection. It's about coming to the
mat one day at a time to learn more about yourself &
train the mind to focus-AND to enjoy the journey***

***By altering the way you approach a pose –you can
improve the range of motion, & build more stamina.***

**To register or if you have questions please Contact Sue on:-
fureys@kinect.co.nz or 0223503891**