



Workshop with Christine Terry **@ Tauranga Yoga Centre**

Saturday 23 September, 2-5pm
Cost: \$35

Ever feel your body and mind open to a place that could keep you on your mat longer – and then class ends?

- Let's take advantage of that with a yoga practice that thoughtfully connects breath with movement, building onto poses to explore new possibilities.
- Take time to pause and share some of the “light-bulb” moments for you, find some ease in your poses, or simply acknowledge acceptance of where your body, mind and soul is on the day.
- This class is suitable for all levels, but tailored a little more to those newer to yoga who may be a bit shy or nervous about a workshop environment. All levels and experience are absolutely welcome.
- Please arrive 15 mins early to allow time to settle in to your class and disconnect from the external (phones off!). Let's leave the morning behind and not entertain what may lay ahead.

You are welcome to stay for light refreshments at the end of the class.

Limited numbers, book your spot!
info@taurangayoga.org.nz

Any other questions, please contact Christine: soakbeautynz@gmail.com