

TE HUARAHY YOGA KI TE ORANGA



"THE PATH OR PROCESS OF YOGA TOWARDS HEALTH"

Stressed? Tired? Over it! In Term 3 I introduce the ways we can embrace that which is already accessible to us in our body to heal, gain more energy and come into relaxation...

By consciously using the things you do daily and maybe 'take-for-granted' or are unaware of the healing powers they contain I lead you on a journey towards health.

"Do you know why you stretch, or why clapping your hands feels so good that it is a spontaneous reaction that arises when you are happy, delighted, excited and experiencing pleasure?"

Join me on this journey with only your body and what you already do to get over tiredness, stress and onto the path of Hauora (Wellbeing).

Classes are on Tuesday Evenings at 6.30pm.

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Mangakahia School Library

Nothing needed just come as you are!

Term fee \$100 - \$10 per class or drop in/casual fee \$15, a portion of your fee is donated to the school to enhance and grow the education of our tamariki and community.

Talk to me if you want to come but feel the cost may make it difficult - there is always a way!

Susan

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