



Find the right type of yoga for you.

Come and enjoy Hamilton's annual FREE YOGA DAY. Meet the different teachers and schools of yoga available in the Waikato region and find the right type of yoga for you!

Each style and teacher will give a variety of taster classes throughout the day, one starting every half hour with demonstrations and quick sample classes running simultaneously in the hall. We expect to cover yoga for children, prenatal yoga, Salute to the Sun, general yoga classes, beginners and advanced classes, chanting, meditation and relaxation sessions.

Practitioners of Ayurveda, Superbrain Yoga (Pranic Healing), Oneness and Do-In (Self Shiatsu) have also been invited.

Tasty vegetarian food and snacks will be available for purchase throughout the day. Supplied by *Woof! Sustainable Catering*.

Please check the website and the FREE YOGA DAY timetable regularly for updates, as the participant list grows. <http://www.hamiltonyoga.org.nz>

For further info: [info@hamiltonyoga.org.nz](mailto:info@hamiltonyoga.org.nz)  
Phone: Isabel 027 3319 163 or Katie 07 856 5247



**SATURDAY  
12 MAR. 2011**  
[www.hamiltonyoga.org.nz](http://www.hamiltonyoga.org.nz)  
**10am – 4pm**  
Celebrating Age Centre  
30 Victoria St  
Hamilton

SESSIONS			
TIME	HALL	ROOM 1	ROOM 2
10:00 AM	Kids yoga	Hatha Yoga	Meditation
10:30 AM	Kids yoga		Classical Yoga
11:00 AM	Hatha Yoga	Superbrain Yoga	Ashtanga Yoga
11:30 AM	Mantra chanting		Yoga Nidra
12:00 AM	Prenatal Yoga	Iyengar Yoga	Shraddha
12:30 AM	Classical Yoga		Classical Yoga
1:00 PM	Ayurveda	Hatha Yoga	Classical Yoga
1:30 PM	Oneness Blessings		Ashtanga Yoga
2:00 PM	Ashtanga Yoga	Self Shiatsu 'Do In'	Ashtanga Yoga
2:30 PM	Iyengar Yoga		Shraddha
3:00 PM	Chanting	Iyengar Yoga	
3:30 PM			
3:55 PM	Raffle Draw		

**KEY:**

- IYTA, Hatha Yoga – Wendy Small, Trish Hodgson
- Shraddha – Yoga and Meditation (SATYANANDA YOGA®) – Samadhimurti, Anandaradhe
- Prenatal Yoga – Midwives tba
- Oneness Waikato – Yolanda Cholmondeley-Smith, Maureen Muller & blessing givers
- Shabda – Kirtan Band
- North City Yoga Club, Classical Yoga – Kay Keyte
- Pranic Healing – Rakesh Gupta, Faye Taylor
- Iyengar Yoga Centre Waikato – Corry Regnier
- Ayurveda – Rachna Kumar
- Sun Salute Yoga, Ashtanga Yoga – Katie Pervan
- Tao Mutu, Self Shiatsu 'Do In' – Di Johnston

NB: Timetable subject to change without prior notice

# Teachers



Katie Pervan  
07 856 5247 / 021 1207 131  
katie@sunsalute.co.nz  
www.sunsalute.co.nz

## Ashtanga Yoga

Katie Pervan teaches Ashtanga and Hatha yoga in Hamilton East. Ashtanga Yoga is a precise sequence of moves performed with a unique breath, strength and focus. Each movement, executed in a body/breath coordination known as Vinyasa, takes the practitioner further and further into a reviving state as the body sweats out toxins. The practice once learned and remembered (as it is performed in a disciplined manner in the same pattern each and every time) is both refreshing and calming. It's a wonderful opportunity to meditate on the movement and to surrender oneself to the rhythm and breath of the body.



Rachna Kumar  
07 856 3946 / 027 280 2472  
rk@ayuspa.co.nz  
www.ayuspa.co.nz

## Ayurveda

Ayurveda is a five thousand year old holistic system of medicine that originated in India. It is now practised in several Western and South Asian countries. Ayurveda fundamentally believes in harmony and balance. Those of us who can achieve this harmony inside us and with our surroundings can realise their beautiful selves.

At the Ayurvedic Beauty Spa Dr. Rachna Kumar offers a wide range of skin care treatments based on Ayurvedic principles. We only use superior quality oils and skin products from lead Ayurvedic manufacturers in India.

Dr. Rachna Kumar completed her five year degree in Bachelor of Ayurvedic Medicine and Surgery from India and then did her internship. She has practised Ayurveda in New Zealand and the UK while raising a young family. She imports all her herbal preparations from India and is available for general Ayurvedic consultation, life style modification, dietary modification, meditation lessons and marma massage (only for women) by appointment.



Kay Keyte  
07 849 1627  
fleakay@xtra.co.nz

## Classical Yoga

At North City Yoga, Kay teaches classical yoga poses. She will instruct you on how to move into the postures with proper alignment and help you to discover your point of balance. As you practise the poses you will develop poise and grace, painful muscles will relax and feel more comfortable. You will learn to breathe correctly and how to relax body and mind. Classes are held Tuesdays and Saturdays.



Wendy Small  
07 843 5105  
wendysmall@gmail.com  
www.iyta.org.nz

## Hatha Yoga

Wendy teaches you how to rejuvenate the body, mind and spirit, through a series of graduated postures, simple breathing exercises and guided relaxation. Classes are non-competitive, relaxed and suitable for beginners as well as the more experienced, and will leave you with a feeling of well-being. Classes are held Tuesday evening and Thursday morning.



Corry Regnier  
07 8564932 / 027 389 4987  
corryyoga@gmail.com

## Iyengar Yoga

Corry Regnier's Iyengar Yoga Centre of Waikato, established since 1996, has studios in Hamilton East and Raglan. Iyengar Yoga is continually evolving as Mr B.K.S. Iyengar, its founder, still ardently practises and guides his students around the world. Corry has benefitted from his expertise with regular visits to the Iyengar Institute in India since 1995. This dynamic style emphasises precise alignment in Yoga postures, a varied and inspiring range of sequences, and careful introduction of yogic breathing which opens the path to all other facets/limbs of Yoga. Its pioneering use of props, e.g. blocks, chairs, belts, wall ropes, allows less able students to feel the full benefits of postures. The results: supple toned body, clarity and serenity of mind, increased energy and zest for life! Contact Corry to find a class to suit your level.



Yolanda Cholmondeley-Smith  
07 856 3994  
yolanda@yolanda-innervations.com  
www.onenessnewzealand.co.nz

## Oneness Blessings /Deeksha

Oneness Blessings/Deeksha are Blessings from the Divine which work to activate the kundalini, balance the chakras, and serve to intelligently guide the recipient's unique journey into higher states of consciousness, and ultimately into the state of Oneness itself...

Oneness Blessings/Deeksha create a shift in the brain, deactivating the energy in certain areas of the brain while increasing energy in others, which results in a diminishing of the feeling we all have of separation. ...a whole new world opens to us where we are in direct contact with reality as it is, without being carried away by the never ending chatter of the mind, its evaluations and interpretations....

Yolanda Cholmondeley-Smith has been experiencing and transferring the Oneness Blessings since 2005. Along with many others in New Zealand, she offers weekly groups, special programmes and Oneness Awakening Weekend courses to all those drawn to experiencing the Oneness Blessings' grace in their lives.



Samadhimurti:  
07 858 3445 / 021 111 6645  
info@shradha.org.nz  
www.shradha.org.nz

## SATYANANDA YOGA®

SATYANANDA YOGA® offers a range of practices starting with postures, breathing practices, relaxation and meditation techniques to chanting sessions, study groups, selfless service and fire ceremonies.

"SATYANANDA YOGA® is about awareness. Yoga can become an essential part of the daily routine to increase meaning in life and leave the practitioner feeling more fulfilled", says Samadhimurti from Shradha – Yogic Lifestyle Education Trust.

Sannyasins Samadhimurti and Anandaradha (Radhe) will offer classes on the day and will be available for private consultations. Radhe teaches primarily in the Bay of Plenty as Yoga-anandaradha and is willing to travel to do workshops.

Samadhimurti teaches a range of yoga classes in Hamilton to stretch body and mind.



Di Johnston  
07 871 3367 / 027 421 3454  
neal.storepro@xtra.co.nz

## Shiatsu

Shiatsu is a hands-on body therapy using acupressure to restore balance to mind, body and spirit. It uses the same meridian system as acupuncture but is a fully clothed therapy which takes place on a traditional style futon on the floor. Shiatsu involves elements of oriental diagnosis, abdominal massage, pressure application to various parts of the body using fingers, thumbs, knees and elbows, gentle stretches and joint articulation – all well within your "comfort zone". Do-In is a self shiatsu routine which anyone can learn and returns your body to a state of well-being. Promoting wellness within our selves, by ourselves.... Di will be available throughout the day to give short demonstrations of both Shiatsu and Do-In.



Rakesh Gupta  
09 263 4112 / 027 268 5525  
pranichealingteacher@yahoo.co.in  
www.pranichealingnz.org

## Superbrain Yoga

Rakesh Gupta, Arhatic Yogi, and Teacher for Basic, Advanced and Psychotherapy Pranic Healing Courses. He is Internationally Certified Associate Pranic Healer, Graduate from Ashish Institute of Inner Studies, Melbourne in Basic, Advanced, Psychotherapy, Crystal healing, Psychic Self Defense, Soul Realization, Higher Clairvoyance and Arhatic Yoga Prep., Level 1 and 2 courses. He has healed patients with all sorts of problems and has solved emotional cases having relationship problems, frustration, depressions, feeling low and mental imbalance. He is a very active member of the society, President of Botany chapter of Global Organisation of people of Indian Origin, ex Director and President of Lions Club International and Director of Pranic Healing Foundation of New Zealand Ltd.