



free yoga day

Find the
right type
of yoga
for you.

SATURDAY 12 MAR. 2011

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!

There'll be plenty of sessions and demonstrations to attend throughout the day, including: kids classes, pre-natal yoga, Surya Namaskara (sun salutes), meditation, yoga nidra (deep relaxation) and other classical yoga disciplines. We have also invited Ayurveda, Superbrain Yoga (Pranic Healing), Oneness Blessings and Do-In (Self Shiatsu) practitioners to display their related sciences.

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

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**SATURDAY
12 MAR. 2011**
www.hamiltonyoga.org.nz
10am – 4pm
Celebrating Age Centre
30 Victoria St
Hamilton

Participating Organisations:

IYTA, Hatha Yoga

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

Iyengar Yoga Centre Waikato

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

North City Yoga Club Classical Yoga

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

Shraddha – Yoga and Meditation (SATYANANDA YOGA®)

Samadhimurti, Anandaradhe
07 858 3445 / 021 111 6645
info@shraddha.org.nz
www.shraddha.org.nz

Sun Salute Yoga Ashtanga Yoga

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

Ayu Spa Ayurveda

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

Oneness Blessings

Yolanda Cholmondeley-Smith
07 856 3994
yolanda@yolanda-innervations.com

Maureen Muller

07 824 7300
maureen.muller@xtra.co.nz
www.onenessnewzealand.co.nz
www.onenessuniversity.org

Pranic Healing

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

Faye Taylor

07 843 9797
rainbows432@hotmail.com
www.pranichealingnz.org
www.globalpranichealing.com

Tao Mutu

Self Shiatsu 'Do In'

Di Johnston
07 871 3367 / 027 421 3454
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