



International Yoga Teachers' Association NZ



INTRODUCTION TO YOGA WEEKEND

Christchurch – 12 & 13 June, 2021

This Introduction to Yoga weekend is open to anyone who wishes to learn more about the philosophy and practices of Yoga. It is suitable for beginners, those who are planning to go on to the longer Teaching Diploma and those who would simply enjoy a Yoga refresher.

It will be offered in Christchurch commencing with a weekend workshop at Blue Skies, Kaiapoi from **9am on Saturday 12th of June, and finishes at 4pm on Sunday 13th of June.**

There is a discount of **\$300** off the **Teaching Diploma Course** fee for anyone who has completed the Introduction to Yoga Weekend (or any previous Introduction to Yoga Mini Courses)

Course Content: A general introduction to the philosophy, history, traditional and contemporary practices of Yoga. Emphasis is given to the Sutras of Patanjali:

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| Yama & Niyama | - | Ethical and moral observances |
| Asana | - | Postures |
| Pranayama | - | Regulation of Bio-energy |
| Pratyahara | - | Sensory restraint |
| Dharana | - | Concentration |
| Dhyana | - | Meditation |
| Samadhi | - | Contemplation |

Fee: \$525* (if paying in one payment on or before the 15th of April, 2021), **OR \$575*** (for a two-part payment of \$300 deposit on enrolment, balance of \$275 due by 18th May 2021.)

*Please note that \$300 of the course fee is a non-refundable deposit for student cancellation—however, should the course be cancelled or postponed by IYTA NZ, these monies will be returned in full, or a credit held for the next scheduled course.

Course fees to be deposited into the following account:

IYTA (NZ) Inc: 02 0112 0305140 00

Please write your **name** and **intro** in payer reference field.

The course fee covers full weekend accommodation with vegetarian food, tuition at workshop, and texts. (Transport to and from the venue is at the participant's own additional cost.)

Enrolment enquiries to:

Kate Westwood – co-ordinator

westwoodwhanau@gmail.com phone or text 027 6778581

Include name, address, phone number, email, Yoga experience and special interests.

Enrolments close 15th May, 2021. Please enrol early to avoid disappointment.