



# IYTA (Waikato branch) Seminar

Introduction to Yoga & Meditation (OM chanting, writing and walking):

## The Magic and Power of



\$30 (\$25 for IYTA members)

Sunday 30th November, 9.30 am to 1 pm, Tauranga Yoga Centre,  
Elizabeth St. West, Tauranga

Bookings: Wendy 07—843 5105 (Hamilton) or Maggie 021 362 366

Suitable for beginners and more experienced practitioners. Bookings essential!  
Please wear comfortable clothing and bring a mat, blanket and cushions.

Many ancient techniques have been developed to keep mind and body healthy, these include postures (asanas), breathing (pranayama), deep relaxation (Satyananda Yoga Nidra<sup>®</sup>) and meditation.

9.15 am registration

9.30 am SATYANANDA YOGA NIDRA<sup>®</sup>

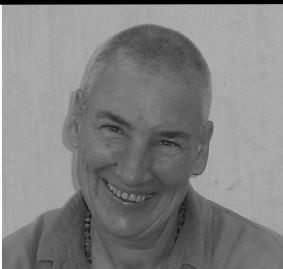
10.30 am **SATYANANDA YOGA<sup>®</sup>** asana session

11.00 am — cuppa

11.30 am pranayama

11.50 am OM meditations: chanting, whispering, silent, drawing & walking

1.00 pm — bring vegetarian plate to share for lunch



The tutor Samadhimurti lived in the Satyananda Ashram NZ for two years in the '80s, where she learned to teach yoga. She recently spent another year in several Satyananda Ashrams over the world. She is now teaching for a charitable organisation in Hamilton: **Shraddha – Yogic Lifestyle Education Trust.**

For more details please visit [www.shraddha.org.nz](http://www.shraddha.org.nz) or call 07—858 3445.

Samadhimurti is accredited with the **SATYANANDA YOGA<sup>®</sup>** Academy Australia (no. 14293). **SATYANANDA YOGA<sup>®</sup>** and **SATYANANDA YOGA NIDRA<sup>®</sup>** are trademarks of IYFM used under license.