

# Promoting the Yoga Profession in Aotearoa New Zealand



**YOGA**  
New Zealand

**January/February 2020**

## KiaOra

Welcome to the first Yoga New Zealand (Yoga NZ) Newsletter for members and prospective members. Our organisation is a network of like-minded yoga professionals, from all traditions and styles in Aotearoa. Our members range from individual yoga teachers and yoga therapists, to training schools/institutions; all meeting quality educational and continuing educational standards. Through forming our professional organisation, we are an ideal place to educate and inform the general community, government agencies, medical and complementary health professionals about yoga. We are also connecting with international yoga networks. In keeping with Aotearoa's bi-culturalism we are working on an exciting project to connect with Maori values.

To give guidance and support to Yoga NZ a six-member Council was formed in March 2019. Please read more about its progress and opportunities below. Do come along to one of our Regional Forums at venues throughout Aotearoa. You will have the opportunity to have your say on aspects relevant to the yoga profession – as well as participating in and receiving valuable professional development. It has been my privilege to be actively involved with Yoga NZ and to act as Chair of the Council. It has been delightful to meet many of you at our two Hauora Yoga Conferences and I look forward to continuing to network at this year's event in November.

## Nga Mihi

*Heather Robinson, Yoga New Zealand Council Chair.*



**"Better indeed is knowledge than mechanical practice. Better than knowledge is meditation. But better still is surrender of attachment to results, because there follows immediate peace"**

*Bhagavad Gita - Chapter 12, Verse 12  
(Eknath Easwaran)*

## Tē tōia, tē haumatia

Nothing can be achieved without a plan, workforce and a way of doing things

## Interested in joining Yoga New Zealand?

**We have a special offer for you - if you sign up as a member of Yoga New Zealand before 31 March we will waive the application fee. Please visit the website below and use the special discount code HAUORA 2019**

To find out more information follow this link [Why be a member?](#)

If you're ready to become a member then click here to [Join Today](#)

## The 'Yoga New Zealand Council' makes good progress in its first year

Six members formed the new Yoga NZ Council in March 2019. Meeting regularly, part of the council's role is to provide guidance and support to the operation of Yoga NZ. This has included helping to shape the new online application process for individual members, and beginning to introduce a New Zealand focus for training and membership for local yoga teachers, yoga therapists, training providers and yoga studios.

We are currently developing online registration for teacher training courses.

## We're making plans - have your say

To involve members and receive input from a wider yoga community, the council is forming working groups on specific topics. Initial ideas were discussed at the Hauora Yoga Conference 2019. Our first working group covers Education topics and our aim is to build an Education Strategy during this year which we can present at the Hauora Conference 2020.

## Developing the Foundations

Council members have participated in national and international working groups; raising the profile of yoga in New Zealand. Two members were part of the Skills Active working group in Wellington which developed requirements for a yoga specific national qualification at level 4. One member participated in a meeting of The World Health Organisation and Ministry of AYUSH (Ayurveda, Yoga, Naturopathy, Unani, Siddha and Homeopathy), India initiative which over time, will deliver worldwide benchmarks for training in yoga. We plan to continue a link with this initiative.

Another member participated in the Global Consortium on Yoga Therapy which is considering aspects of Yoga Therapy including how yoga fits into the Health Sector.

Offering gratitude for the contribution over the last year from the six council members: Chaitanya Deva, Felicity Molloy, Heather Robinson, Leanne Davis, Persephone Singfield and Richard Beddie.

## YOGA NEW ZEALAND ACTIVITIES

### Here are the dates for the 'Yoga NZ Regional Forums'

Auckland – Monday 8 June 2020

Hamilton -Tuesday 9 June 2020

Tauranga – Wednesday 10 June 2020

Napier – Thursday 11 June 2020

Palmerston North – Friday 12 June 2020

Wellington – Monday 15 June 2020

Nelson – Tuesday 16 June 2020

Dunedin – Wednesday 17 June 2020

Christchurch – Thursday 18 June 2020

**\$10 for Yoga NZ Members**

**\$20 for Non members**

*Come along, meet up with Yoga NZ*

*representatives and other members of your local yoga community.*

*We will be sharing our plans & ideas for the future as well as asking for your input and guidance on how we can best support you.*



**HAUORA**  
Yoga Conference

## Hauora Yoga Conference

We are very excited to announce that Yoga New Zealand's annual 'Hauora Yoga Conference' will be taking place from 20-22 November 2020. The [Hauora Yoga Conference](#) is a three day educational event where the professional Yoga community in Aotearoa New Zealand connect, discuss, learn, innovate and practice together. We gather to educate and empower our Yoga teachers, inspire our Yoga students and develop our national Yoga community. We uphold Yoga principles and values, with reverence for the many aspects and expressions of Yoga within our unique cultural landscape. Educate yourself, practice Yoga and be part of national discussions with our selection of Clinics, Masterclasses, Workshops, Discussion Panels, Keynote Speakers and more!

Click here to watch some of the [2019 Hauora Highlights](#)



**YOGA LUNCHBOX**

## The Yoga Lunchbox

### Nourishing the Yoga Community – Part of YogaNZ

[The Yoga Lunchbox](#) website is a valued part of the Yoga New Zealand whanau.

As an established, online resource it can both help to support your personal practice as well as help to further promote yoga in New Zealand. Find and follow us on [facebook @theyogalunchbox](#)

## Is there something you would like to know more about?

We would love to hear from you, our yoga NZ community - please contact us on

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