

Promoting the Yoga Profession in Aotearoa New Zealand



YOGA
New Zealand

March/April 2020

Kia Ora to the yoga whanau

We hope you are staying healthy and safe as we all work together to combat COVID-19. Our thoughts are with you, your families, friends and the wider community.

The team at Yoga NZ are continuing to fully operate from home and we are grateful to them and also to those at our parent body, Exercise NZ.

Exercise NZ has, on behalf of Yoga NZ, REPs, and the NZ Exercise Association been publishing up to date information to help support the professional community at this time on a specially set up COVID-19 website. Please do see the comments and link below. It is available to us all and worth a visit!

Yoga practice, of course, is now more important than ever before in helping us to bring steadiness into our lives during these unprecedented times. We, as teachers, know the value of continued regular practice and are finding ways to help support our student communities. Many teachers are embracing online teaching and for those who have yet to do so or are uncertain of a way forward a resource is available on the COVID-19 website and in more detail for Yoga NZ members.

In building our Yoga NZ community of yoga teachers, the Yoga NZ Council has put in place an Applications Approval Working Group to help yoga teachers - who don't easily meet requirements - become members of Yoga NZ. If you or someone you know is in this category please see more details below. Joining is a way for us all to work together.

Let's support each other with kindness, recognising that there are those in our whanau facing hardship, loss, uncertainty. It is a time for reflection and an opportunity through yoga to support ourselves, our community, and all that we hold dear. Be kind to yourselves and stay safe.

Please do feel free to share this newsletter with other yoga teachers and yoga professionals.

Kia Kaha

Heather - Yoga New Zealand Council Chair.



"For the maintenance of the world, you should act now."

Bagavad Gita chapter 3 v 20 – translation Winthrop Sergeant (Throughout this Pandemic response we take, with kindness, responsible actions to help both the well being of ourselves as well as our whanau, we are conscious of, and can reflect on, their wider effects at a national and international level)

He aha te mea nui o te ao? He tangata! He tangata! He tangata!
What is the most important thing in the world? It is people! It is people! It is people!

(This whakatauki talks to the importance of human connection and relationships. This is what creates community and enables people to flourish. It values the human being in all of us and reminds us of what is most important – not money, not success, not a job or a thing – it is people.)



**Interested in joining
Yoga New Zealand?**

During this period of Covid-19 Pandemic level 4 alert we wish to extend our special offer for you - if you sign up as a member of Yoga New Zealand we will waive the application fee of \$57.50, and you just pay the normal annual fee, along with an option for insurance. Please visit the website below and use the special discount code **YNZSUPPORT**

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](#)

Working together to supporting the community

ExerciseNZ, REPs & YogaNZ are all working together to support the exercise & yoga industry - we are in this together. Some tools and information are below.

COVID-19 Industry Information Page - During this, ever evolving time, ExerciseNZ have set up a web page which is constantly being updated with all the latest info relevant to our industry. We recommend you bookmark this page as it will be able to answer a lot of questions, exercisenz.org.nz/covid19 and we also suggest that you add ExerciseNZ on Facebook so that you can see updates as they happen.

REPs Insurance – Any YogaNZ teacher who has the insurance option through REPs is covered for online delivery. As long as the teacher and participants are in NZ, the cover will be for both 1:1 and class-based activities.

The REPs searchable database has now been updated so that the public will be able to search for YogaNZ teachers who provide online services. Please update your REPs profile, using your email as your username.

Online Guide

We have also produced an Online Guide, which has been emailed directly to members, and also available from the members only section of our website. This guide covers online delivery options, video platforms, payment portals and legal issues around music and waivers.

Government's support for contractors and wages support

The government has put together a package to help those that are currently out of work or have had to shut their business down. This also applies to those that are self-employed with a variable income. We encourage you to take advantage of this now to get funds quickly.

Yoga New Zealand Council

At this we want to let Yoga NZ members and the wider yoga community know Council Members are here and helping to work on ways to best support you during this time of lockdown. We are also looking towards the future beyond the time of national alerts.

Recently we set-up an Application Approval Working Group to look at applications from yoga teachers who don't easily meet the online application requirements. For example: experienced teachers without formal training certificates, established teachers whose training doesn't fulfil all aspects of the curriculum, those who have difficulty providing evidence of their teaching experience. The working group's aim is to help appropriate teachers gain approval for membership.

Are you in this category or know someone who is? Please do contact Yoga NZ on 0800-69-9642 for help and advice. We would so like to help those who wish to join.

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



Chaitanya Deva



Felicity Molly



Heather Robinson



Leanne Davis



Persephone Singfield



Richard Beddie





You may or may not have noticed that our YogaNZ Logo has changed!

Our logo is designed to reflect both the tradition of yoga, as well as a unique Aotearoa perspective along with the special bicultural basis of our country's heritage. While relatively simple in appearance, it contains elements to reflect both the roots and history of yoga, together with what is unique about Aotearoa. Visit our website to learn more [About our logo](#) and what inspired the design!



Support for promoting your services - SPECIAL OFFER : The Yoga Lunchbox

Nourishing the Yoga Community – Part of YogaNZ

Have you transferred to teaching your classes online? To support your online presence throughout the level 3 & 4 lockdown period we are offering New Zealand based teachers 10% off all advertising on The Yoga Lunchbox (4,000+ email subscribers & 7,000+ social media followers).

Registered YogaNZ members now receive a 30% discount as part of their membership package.

Advertising options include Facebook mentions, Embedded Advertising, Video Interviews & Product Reviews.

Get Seen!

Email CARA editor@theyogalunchbox.co.nz

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

Phone : 0800-NZ-YOGA (0800-69-9642)

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