

# Promoting the Yoga Profession in Aotearoa New Zealand



**YOGA**  
New Zealand



## **“Yoga in Action (Kriya Yoga) involves three supports**

**– caring for ourselves through  
appropriate actions (*tapas*),  
self-reflection and  
self-study (*svadhyaya*),  
and a humble acceptance of  
our own limitations**

**(*isvara pranidhanani*)”  
Yoga Sutra II.1**

*(Practical and disciplined, kriya yoga gives us a framework for support as life unfolds. Practising kriya yoga can lead to positive changes in the quality of our lives and those we ‘touch’.)*

## **May/June 2020**

Kia Ora Koutou

It is good to share the sense of relief many feel with the lifting of lockdown restrictions. Whilst for some the lockdown gave additional special time for personal and professional reflection, it also needed us to be creative in finding ways to support our students and others in the yoga community. Continuing to find solutions, as the whakatauki in the panel opposite suggests.

Looking at the Yoga Sutras for support, I am drawn to Kriya Yoga, yoga in action (see panel). I was originally taught this as a form of yoga appropriate for anyone, as a preparation, and a first principle to fall back on when the going gets tough. At times when things feel out of control it is so helpful to focus on what we can do, for example - as kriya yoga suggests - be kind to ourselves, reflect, and gracefully accept our limitations. It has been humbling through lockdown to see so many examples in our society and yoga community of those who, often without knowing it, are living this yoga in action – and how, through their selfless actions, they are giving immeasurable support to others.

Later in this newsletter, you’ll see there’s an opportunity to honour that teacher who inspires you by nominating her/him for the NZ Exercise Industry Yoga Teacher award.

To help continue our yoga education, two ‘virtual’ events are coming up. The YogaNZ Forum, with Donna Farhi as our guest speaker is on 8th August, and our Annual Hauora Yoga Conference will be on 31st October. The Yoga NZ Council is to present and answer questions at both events. Do attend online and have your say. We are keen to hear and involve our yoga teaching community.

Lastly, I would like to bring us back to yoga in action and the thought that this aspect, as others, of our yoga philosophy is timeless and continues to provide meaning and relevance to us all, irrespective of how challenging the times are.

Please do feel free to share this newsletter with other yoga teachers and yoga professionals.  
We welcome new members.

Kia Kaha Heather - Yoga New Zealand Council Chair



## **I orea te tuatara ka patu ki waho**

*A problem is solved by continuing to find solutions This whakatauki refers to the need for creative thinking, adaptability and perseverance. In order to solve a problem you need to have all of these.*

## **Yoga New Zealand Council progress report**

Recently the council has been - giving guidance on yoga events and the Yoga NZ CPD policy, adapting curriculum and guidance notes for Yoga Teacher Training registration (which is currently being trialled), approving (as appropriate) non-standard applications for Yoga Teacher membership. These council activities complement the role of ExerciseNZ which provides administrative support to YogaNZ as well as providing lobbying/advocacy on behalf of all those involved in physical activity and movement practices.

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

## Hauora Yoga Conference 2020

### SAVE THE DATE

We are very excited to announce that Yoga New Zealand's annual 'Hauora Yoga Conference' WILL be going ahead this year VIRTUALLY on **Saturday October 31st 2020.**

More details on this 'Virtual Event' will be shared with you very soon.

Do you know a yoga teacher who deserves recognition for the positive impact they are having in the yoga community? Perhaps on your own teaching and practice? Or on fellow students' yoga practice? This is your chance to publicly acknowledge and offer them gratitude.

The positive response to this opportunity on our [facebook page](#) has been very heart-warming but in case you haven't heard.....

**You are invited to nominate a deserving teacher or colleague at the upcoming New Zealand Exercise awards evening for 'Yoga Teacher of the Year'. As a yoga community, we do not often get the chance to uplift and support those that contribute so much to our learning on the path of yoga, however, an acknowledgement in this way could be of significant support to the many teachers working hard to keep their classes & studios going especially throughout such a challenging year as we have had...**

[Nominate a deserving teacher or colleague here](#)



## Interested in joining Yoga New Zealand?

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](#)

### SPECIAL OFFER FOR YOGANZ MEMBERS

Up until 30th September 2020 we are offering FREE registration of CPD courses for our registered members.

The Code to access the discount is **YNZCPDFREE**

Fees for YogaNZ members from 1 October 2020:

For YogaNZ registered members a discount code for you to register a course is available. The code to access the 50% discount : **ynzmembercpd**

For YogaNZ Level 4 registered members you are able to register up to 5 CPD courses on one application each year free of charge if these are delivered by you as a YogaNZ Level 4 member. The code to access is :

**LVL4MEMBER**

For more information and how to apply...

If you wish to register the course – please [click here](#) for the application.





## Yoga New Zealand Online Forum

The YogaNZ Forum is an opportunity to connect, engage and learn as we work towards building a support system for teaching yoga that is unique to New Zealand, and one that we can all be proud to be a part of. Only \$25 for current YogaNZ members and Donna is gifting her remuneration to the Christchurch City Mission to support the challenges that are being felt economically post Covid-19. A wonderful offering all round!



To find out more and secure your attendance [click here](#)

## The Yoga Lunchbox

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.

Should writing be your passion or interest please know that as registered members of YogaNZ we invite article submissions for publication to the Yoga Lunchbox website at any time. This is a wonderful way to share your knowledge and ideas with the YLB community.

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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