

# Promoting the Yoga Profession in Aotearoa New Zealand



**YOGA**  
New Zealand

## Spring 2020

Kia Ora Koutou

August has brought unsettling times with the return to restrictions and lockdown. It feels different this time round with, for many, the restrictions biting more deeply and with the future unclear. The heart-felt victim impact statements from the Christchurch Mosque shootings brought back the horrors of 15th March 19, whilst overseas we see more senseless shooting.

The way in which we show consideration to others in these times can define who we are. Ahimsa, often translated as non-violence, is described as consideration by one of modern yoga's founding fathers, T.K. V. Desikachar. See panel on the right. Listening to those with ahimsa in their heart is inspirational. I think back to Christchurch shooting survivor Farid Ahmed who said 'If our heart is full of love then peace will start from here.' Hearing Julia Jackson, the mother of Jacob Blake who was shot in Kenosha, Wisconsin, with her message to stop hostility and violence and instead work together for the greater good.

With consideration and careful-thought we know the benefit of co-operation and the combination of resources as the whakatauki in the panel suggests. Uplifting messages for these unsettling times.

To nourish us, as Yoga Teacher, I invite you to register and join Yoga NZ online at this year's annual Hauora Yoga Conference on 31st October. You won't want to miss Dr Pooja Maddela's timely keynote address on 'Emotional Well Being: A Yoga Therapy Perspective', or the following hours of presentations from knowledgeable and inspirational yoga teachers bringing a breadth and surprising depth to our yoga awareness. All sessions will be recorded and available for 14 days so you'll be able to view every one of the multi-streamed sessions. Yoga teachers not able to attend on 31st, please still register as you also will have 14 days to view. From only \$149 for YogaNZ and REPs members, we hope this will mean you are able to be there.

In addition to yoga presentations, you'll be able to hear from Yoga NZ Council members about the work and direction of the Council and be able to have your say. At lunchtime we are hosting a 'Yoga Kōrero' where a panel of yoga teachers will discuss the topic of 'Yoga Without Exception', considering the perceived benefits and limits of yoga in the community.

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

**ahimsā-pratiṣṭhāyām  
tat-sannidhau  
vaira-tyāgaḥ**

### Yoga Sutra II.35

*The more considerate one is, the more one stimulates friendly feelings among all in one's presence.*

*(translation by T.K.V. Desikachar)*

**Nā tō rourou, nā taku  
rourou ka ora ai te iwi**

**With your food basket and  
my food basket the people  
will thrive**

*This whakatauki encapsulates the notion that while working in isolation might result in survival, working together collectively can take people beyond survival and onto prosperity.*





## Hauora Yoga Conference 2020

**Saturday October 31st 2020**

**19 Live Sessions, 16 Incredible Presenters, 14 Days Online Access,  
3 Multiple Streams ....  
ALL IN ONE VIRTUAL EVENT**

As a result of the current global pandemic this years 'Hauora Yoga Conference' is an online educational event. Delivered 100% virtually you can attend from your own town or city. Multiple streams will run concurrently throughout the day, all of which will be recorded and access then available for 14 days after the live event, effectively giving you 3 days of content for only \$149 for YogaNZ Members / 10 CPD Point Value.

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



## Yoga New Zealand Council progress report

Recently the council has been –

- Presenting at the on-line Yoga Forum 8 th August - explaining the activities and functions of Yoga NZ and its Council, and answering questions.

- Trialling an online and approval process for Training Providers to register Yoga Teacher Training Courses which meet Yoga NZ standards and codes. Two courses will be registered shortly and two further trial applications are underway. Yoga NZ is grateful for the support and feedback from participating Training Providers.

- Developing supportive templates to assist Training Providers with assessment and their policy documentation.

- Approving (as appropriate) non-standard applications for Yoga Teacher membership. 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.



## The Yoga Lunchbox

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

Want to connect with the yoga community in New Zealand to promote your product or services? We can help....  
As a registered YogaNZ member you are entitled to 30% off ALL advertising options with the Yoga Lunchbox.  
Email [Cara@theyogalunchbox.co.nz](mailto:Cara@theyogalunchbox.co.nz) to find out more!

Find and follow us on facebook [@theyogalunchbox](#)

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### 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)  
Website : [www.yoganewzealand.org.nz](http://www.yoganewzealand.org.nz)  
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