

Promoting the Yoga Profession in Aotearoa New Zealand



YOGA
New Zealand

Summer 2020

Kia Ora Koutou

What a year 2020 has been! Covid-19 has raged. Lockdowns have brought challenges. Nature has raged with storms, floods and fires. We have all needed to adapt and to find some inner resilience to cope whether that be personally, professionally and/or socially. Many have had to cope with reduced income and even a loss of income completely. Some are coping with extended separation from whanau and friends.

With the coming of summer and the possibilities of new opportunities, I am reminded of the hope, protection, and nurture that our ancestors drew from the sun. In India, the Gayatri (see panel opposite) - the oldest vedic mantra still chanted today - honours the light from the sun to be able to see clearly, and bring out our inner strength and courage. Its universal message remains relevant with the mantra still forming part of some yoga practices today, and the asana sequence 'Salute to the sun' practised by so many worldwide. It's not surprising that Māori mātauranga embraces the positive link with the sun as shown in this whakatauki.

Whilst the aim of this newsletter, which began at the beginning of 2020, was to bring our sangha of YogaNZ members together, little did we realise its importance as a communication tool during the changes and challenges of this year. With physical distancing becoming the norm YogaNZ events moved online with the first half-day Yoga Forum in August and the third Hauora Yoga Conference in October. To meet the demand for viewing Hauora presentations, recordings were made available for a further three weeks, helping yoga teachers access continuing development and nourishment.

Our number of registered individual members has more than doubled over the last year, and all members who choose to be are now listed on our website. Membership is now also being extended to Training Providers who are able to register their Yoga Teacher Training. Accessing Continuing Professional Development (CPD) courses and information on our website also began during 2020.

We encourage all YogaNZ members to use their registration marks and to ask any studios or facilities they work in to update their BIOs to include their registration mark. We are keen for YogaNZ to be increasingly seen as a vibrant and meaningful voice representing yoga professionals in New Zealand.

Although it has been a challenging year, we have kept in touch, supported each other, and steadily grown our activities. We look forward to continued growth in 2021 and in developing our recognition for registered yoga practitioners in New Zealand.

May the blessings of this festive and holiday time nourish you and your whānau, Nga Mihi.

Heather - Yoga New Zealand Council Chair

**om tatsaviturvarenyam
bhargo devasya
dhimahi dhiyo yo nah
pracodayāt**

from Rigveda (the oldest of
the vedic collection of Sanskrit
hymns) 3.62.10

**"We choose the Supreme
Light of the divine Sun; we
aspire that it may impel
our minds."**

Sri Aurobindo

**E huri tō aroaro ki te rā,
tukuna tō ataarangi ki
muri i a koe**

**Turn and face the sun
and let your shadow fall
behind you**





Yoga New Zealand Council progress report

Through its monthly meetings during 2020, Council members have complemented the operations of Yoga New Zealand through developing and giving guidance on yoga matters as they arise, helping to establish policy and strategy, and reviewing progress. In these formative times we are working to establish the 'bedrock' to effectively support and promote yoga professionals in New Zealand.

Two working groups are led and currently run by Council members. The Applications Approval Working Group has approved registration for a number of yoga teachers who, although they meet YogaNZ requirements, aren't able to provide the documentation normally required for verification (If this sounds like your situation please do not be put off applying, give Yoga NZ a call) .

The working group trial to register Training Programmes from Training Providers has developed a pathway for the registration of yoga teacher training meeting YogaNZ standards for educational competency and effective training. We are grateful for the support of those involved. Training, as it is approved, is listed on our website.

In a similar format to August's first Yoga Forum, members of the Council explained their activities and answered questions in sessions at the Hauora Yoga Conference in October. These events give us an ideal opportunity to link together and take onboard the needs of our yoga professionals.

Thank you to all those who have given us their input over this year.

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



The Yoga Lunchbox

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

We have recently launched **The Best Guide to NZ Yoga Teacher Trainings 2021** so take a moment to check it out over your summer break. There are options for all, trainings for those newer to teaching and advanced, additional training for those already established in their teaching journeys. Forever a student.

Are you keen to connect in with the yoga community in New Zealand to promote your product or services for the year ahead? We can help..... As a registered YogaNZ member you are entitled to 30% off all advertising options with the Yoga Lunchbox and options to promote continuing professional development to all YogaNZ members.

Email cara@theyogalunchbox.co.nz to find out more!

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 YogaNZ community - please contact us on

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

Website : www.yoganewzealand.org.nz

Communications Information : cara@yoganewzealand.org.nz

Membership Information : info@yoganewzealand.org.nz

Facebook : [@yoganewzealand1](#)

Instagram : [yoganewzealand.inc](#)



YOGA
New Zealand