

Promoting the Yoga Profession in Aotearoa New Zealand



YOGA
New Zealand

Autumn 2021

Kia Ora Koutou

Changes in our weather and the joy of autumn colours often nudge us into re-discovery as part of the new season. Recognition of such change reminds us of the cycle of nature and may deepen our overall knowledge and awareness.

This process of seeking and discovering leading to knowledge and future enlightenment is captured in the whakataukī shown, and is a precept on our yoga journey.

The famous eight limbs of yoga (aṣṭāṅga-yoga) described in chapter II verse 29 of The Yoga Sutra including values, practises, and reflection help us to make positive changes in our lives. The previous sutra II.28, however, shown in the panel gives the rationale. Over time from regular practice of the limbs, impurities (aśuddhi) diminish, knowing illuminates (jñāna-dīptih), and discrimination with clear perception (āviveka) evolves. It shows the depth and potential of yoga and is an encouragement for practice!

Such awareness also applies to organisations. To help give clarity in setting our priorities for 2021 we will be seeking your views via a mailer to discover more about your needs and wishes. This knowledge will help inform our direction and we thank you in anticipation for your contributions.

You will see from the panel below The Hauora Yoga Conference takes place on 7th November in Christchurch and, we hope, in person. A great opportunity for those living nearby, and those able to travel, to enjoy all that the conference brings. We're expecting it will be a sell-out so please do save the date! Other activities to meet members' feedback will be announced.

I'd like to draw your attention to the Council panel and to join me in thanking Persephone Singfield, our retiring Council member, for her significant contributions to YogaNZ. We are indebted to her. We also welcome Dr Jane Hardcastle, our new Council member.

Lastly with COVID-19 in mind I'd like to reflect on our response as a community and as YogaNZ, including our colleagues at ExerciseNZ. With no previous awareness of how to deal with a pandemic there have been some amazing individuals who have sought out a path forward supporting us all as a profession. They have shared their discoveries and developed knowledge which has empowered us all. Thank you to them and to everyone who is part of our community for persevering during these unprecedented times.

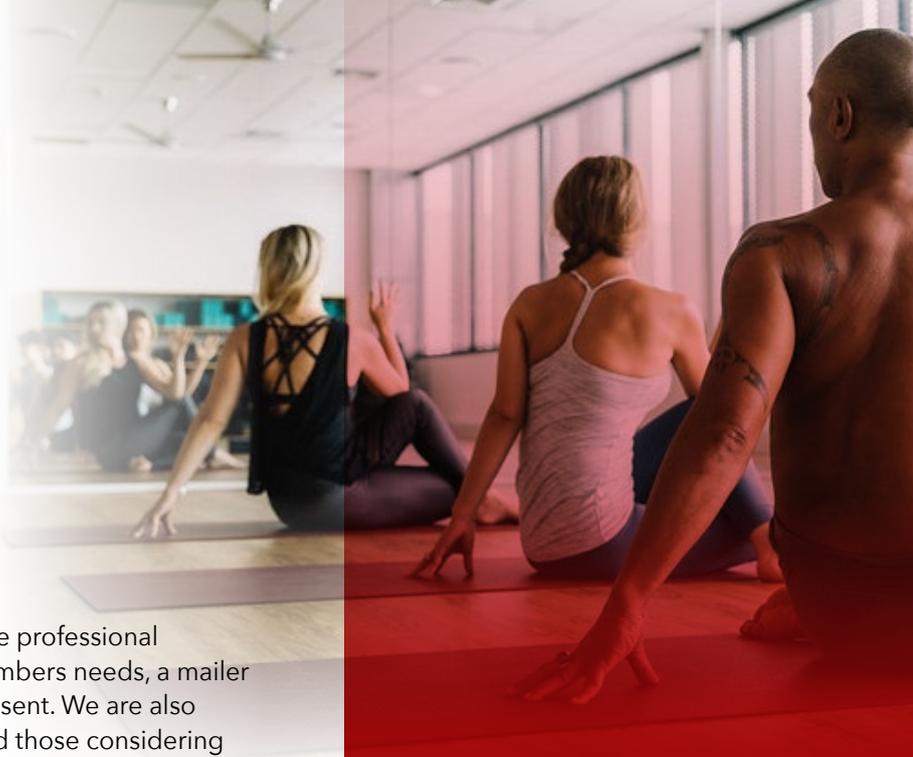
To conclude on a high note, and despite these challenging times, we are delighted to confirm our membership numbers have grown significantly over the past year. I would like to take this opportunity to welcome all our new members and to thank our dedicated operations team.

Wishing you and your whanau a healthy, enjoyable and successful 2021.

Kia kaha,

Heather -
Yoga New Zealand
Council Chair





Yoga New Zealand Council progress report

In these still unsettled times, having a supportive professional organisation is seen as key. To establish our members needs, a mailer with an easy to complete questionnaire is to be sent. We are also eager to directly hear the views of members and those considering membership. Our contact details are below.

Our current focus is to continue quality communications, our Hauora and Forum events, approval of non-standards membership applications, registration of: individuals and training providers offering yoga teacher training; continuing professional development courses, and advocacy with national organisations, including ACC.

We have the opportunity to develop registration pathways for yoga therapists, develop a registration scheme for yoga studios, implement a mentorship scheme, facilitate other activities for members.

The work of Council, which complements the Yoga NZ operations, is done by a small number of Council members who volunteer their time.

It is with regret that we farewell Council member Persephone Singfield. Persephone was the key driver in developing a working relationship for YogaNZ with Exercise NZ. Without Persephone the Council would not exist or be set in its current positive direction. She drove the formation of The Hauora Yoga Conference, together with the setting up and running of the first and second conference. She was instrumental in bringing Yoga Lunchbox into the fold and has continued to add significant value to Council activities. We offer her our heartfelt thanks and wish her well in her new endeavours.

We are pleased, however, to announce and welcome our new member Dr Jane Hardcastle. Jane co-runs a studio in Christchurch and has an emphasis on teaching yoga, in groups and individually, with a therapeutic and therapy emphasis. She has a background in nursing and mentoring and currently assists Vincent Bolletta in yoga therapy teacher training.

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



**yoga-aṅga-
anuṣṭhānātaśuddhi-
kṣayejñāna-
dīptiḥāviveka-khyāteḥ**

**Eliminating impurity
through continued practice
of the eight limbs of yoga
brings discernment and
clear perception.**

YogaSutrall.28

Translation by Bernard Bouanchaud

**Mā te kimi ka kite,
Mā te kite ka mōhio,
Mā te mōhio ka mārama**

**Seek and discover.
Discover and know.
Know and become
enlightened.**

Plans for the 2021 Hauora Yoga Conference are well underway and we would love you to be involved!

Looking for all 'Yoga Gems'

We want to hear from YOU! Yoga should always be a conversation and we would love to hear what you have to say

Submissions to present at the 2021 'Hauora Yoga Conference' are now [OPEN](#) and we hope to represent all styles and traditions of Yoga in Aotearoa. The annual conference is to be held in Christchurch this year on **Sunday 7 November**.

Please invite and share with any colleagues/teachers who may be interested in contributing. Options for all ranging from mini presentations to a full lecture or any style of practice, please consider sharing a little of the knowledge that you have gathered with your national yoga community!

Submissions must be in by March 31st. <https://www.hauorayoga.org.nz>

Please email cara@yoganewzealand.org.nz with any queries

Connect with us on social media

You can follow Yoga New Zealand on the following

Facebook - [@yoganewzealand1](#)

Instagram - [yoganewzealand.inc](#)

Twitter - [@YogaNZOrg](#)

Did you know that The Yoga Lunchbox is part of Yoga New Zealand?

Whether you'd like more people to book into your workshop, more yoga mats to fly out the door, or more trainees signing up for your Teacher Training, The Yoga Lunchbox has advertising options that will meet your needs and budget. And even better news...

YogaNZ registered members get discounted rates on all advertising options.

Please note, if you're a charity or not for profit organisation, we can support your work by gifting you a free post on The Yoga Lunchbox social media platforms. Message us for more details.

You can follow [The Yoga Lunchbox](#) on the following

Facebook - [@TheYogaLunchbox](#)

Instagram - [@the.yogalunchbox](#)

Need more information or guidance?

Don't hesitate to contact us with any questions or enquiries

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