



Promoting the Yoga Profession in Aotearoa New Zealand



YOGA
New Zealand

Kia Ora Koutou

With the end of 2021 in sight, what a challenging year it has been! For many, the lockdowns this year have brought a sense of being overwhelmed, even though each of us may not have been doing that much!

ExerciseNZ's online briefings aimed specifically at the movement and exercise professions have provided clarity and support to members. I would like to thank our CEO, Richard Beddie, for his dedication and advocacy, on our behalf, at Governmental and Ministry of Health level. This resource is and has been an immeasurable benefit to members.

YogaNZ has also benefited from the outstanding contribution by our retiring Council member Dr Felicity Molloy. Apart from her valuable inputs and insights, she led the development of our education curriculum, registration requirements for yoga teacher training, and policy documentation. Thank you, Felicity!

Membership benefits also included several YogaNZ educational events such as the Hauora Conference, and several Sanga's throughout the year bringing professional development opportunities as well as support and nourishment during these unsettling times. The Māori Whakataukī 'an active soul is a healthy soul' comes to mind.

Our fourth Hauora conference on 7th November gave us all the opportunity to tune in to an amazingly wide range of perspectives on yoga from talented presenters who so kindly contributed. What a joy to be continuing to view and revisit recordings after the conference. Too numerous to specifically mention, all presentations had their delights! In Carlos Promeda's presentation on The Bhagavad Gita, for example, the wisdom of Karma Yoga struck a note.

Although Karma, the concept of cause and effect in relation to actions and their consequences is widely known, the emphasis of Karma yoga, Carlos Promeda explained, is to free oneself from karma - and to do this by being mindful. We all have to act, of course! For me, the definition in II.50 'Yoga is skill in action' is key. With all that is going on with COVID-19 locally as well as worldwide, there is much to 'press our buttons'! Having an evenness of mind (BG II.48) is a skill in such troublesome times. It reminds us again that yoga is a journey and the all-pervading quality and importance of yoga is not only 'on the mat'. What a wonderful support yoga brings.

To support members, YogaNZ introduced a series of 'on-line' Sanga on selected Thursdays. The last Sanga for 2021 is on 16th December and will discuss 'The starting point for NZ-based yoga therapy'. Please come along and listen to experts from our NZ yoga therapy community - and have your say. You will find details on how you can register for this event below.

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Summer 2021



The Bhagavad Gītā II.50

**yogaḥ karmasu
kāuśalam**

Yoga is skill in action

Translation by Winthrop Sargeant

Mauri tū mauri ora

**An active soul is a
healthy soul**

2021 has been an active year for Yoga NZ and I would like to thank you all as members for your support and to welcome all our new members. I would also like to congratulate and welcome our four Registered Yoga Teacher Training Providers, see council report for details.

It's an exciting time with several projects planned for 2022 to help support you, our members, and the yoga community; beginning with revisions to the website and new registration for Yoga Studios. The first Sanga is to be on Thursday 6th March at 4pm - reserve the date!

We welcome your input and will, of course, keep you informed of our activities - for as the Māori Whakataukī tells us, an active soul is indeed a healthy soul!

May the blessings of this festive and holiday time nourish you and your whanau. Nga mihi.

Heather -
Yoga New Zealand Council Chair



Yoga New Zealand Council progress report

One of our main activities during 2021 was to develop and trial a process to register specific yoga teacher training from Training Providers. It involved developing appropriate requirements, processes, and documentation. We are so grateful for the support, input, and patience for our four trial participants who are now registered with Yoga New Zealand.

Congratulation to these Registered Training Providers:

- a. Svastha Yoga Aotearoa with 150hr, 200 hr, 350hr Yoga Teacher Trainings
- b. Kindred Studio with 200hr, 300hr Yoga Teacher Trainings
- c. Contemporary Yoga Teacher Training with 200hr Yoga Teacher Training
- d. International Yoga Teachers Association (NZ) with 200hr Yoga Teacher Training

Apart from this registration trial working group activity, detailed work was also carried out by working groups on 'education' and 'application approval'. In addition, the Council formally met on a monthly basis to discuss and set items of policy, strategy and guidance on yoga matters.

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



Upcoming Yoga New Zealand Sanga

Yoga New Zealand invites our valued members to virtually come together for the last Sanga of the year. Join us for another interesting and inspiring conversation with other members nationwide.

Members only. It's FREE and valued at 1 CPD point towards your membership renewal!

THURSDAY 16 DECEMBER 4-5PM

TOPIC: THE STARTING POINT FOR NZ-BASED YOGA THERAPY

- What do we bring to our profession?
- What do we hope to achieve together?

To join for this FREE member event, simply [CLICK HERE](#) to register and from there you will receive a confirmation email containing information on how you can take part.

SAVE THE DATE:

**NEXT SANGA
THURSDAY 6 MARCH, 4PM**



Nourishing the Yoga Community - Part of YogaNZ

Are you ready to deep dive into areas of interest and specialisation in your yoga teaching journey? To decide what will support your professional growth in 2022 check out the Advanced Training options in the [teacher training guide](#).

Take your teaching to the next level whether you are looking to complete the next step from your 200hr or have been teaching for 10 years and are looking to pursue a new area of interest.

[2022 Yoga Teacher Training Guide](#)

Facebook - [@TheYogaLunchbox](#)

Instagram - [@the.yogalunchbox](#)

<https://theyogalunchbox.co.nz/>

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

Website : www.yoganewzealand.org.nz

Communications Information : sarah@yoganewzealand.org.nz

Membership Information : info@yoganewzealand.org.nz

Facebook : [@yoganewzealand1](#)

Instagram : [yoganewzealand.inc](#)

Twitter : [@YogaNZOrg](#)



A WORD FROM EXERCISENZ

One thing that the current challenges have reminded us is that together we are stronger, and can achieve so much more. By working together through the COVID-19 challenges, YogaNZ was able to leverage off its association with ExerciseNZ, and benefit from joint advocacy that helped more physical activity options be available sooner in Auckland (including Yoga mentioned by the PM on more than one occasion). This also helped to provide consistent guidance for the new traffic light system - both for those that choose to use Covid Vaccination Certificate (CVC), and for those that choose not to.

ExerciseNZ continues to support YogaNZ operationally - with YogaNZ having its own direction, objectives and membership, while also leveraging off the collective ExerciseNZ whanau for areas where we share common challenges and opportunities.

Richard Beddie, CEO, ExerciseNZ

