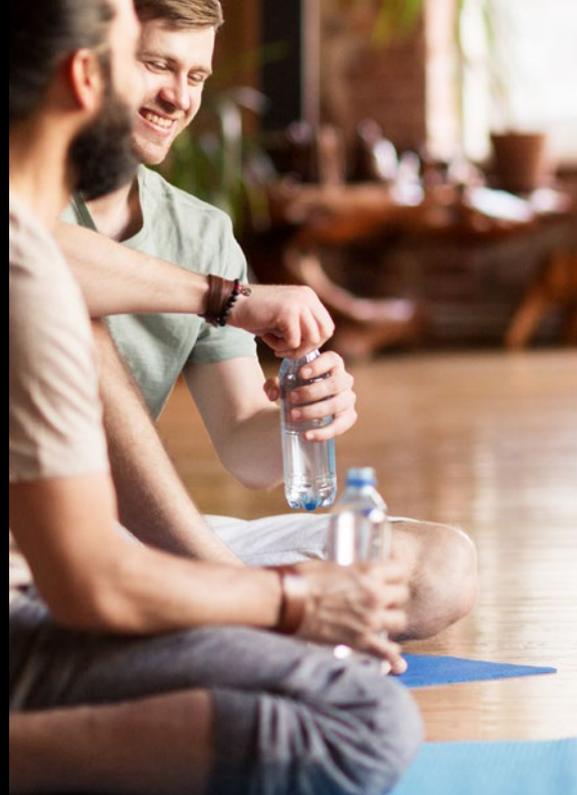




Promoting the Yoga Profession in Aotearoa New Zealand



Kia Ora Koutou

Early 2022 has seen unsettling times both on the world stage and here in NZ - with vast flooding in Australia and now war in Ukraine - to our own country where the knock-on effects of Covid and worldwide events are causing so many disruptions and concerns. How can we find steadiness and remain steady in such times?

The whakataukī in the panel provides an evocative image of the tiny rearea (bellbird) which, through continuous effort, reaches the top of the tall kahikatea tree where it finds plenty of food. Such imagery encourages us to make headway. In a yoga setting, Yoga Sutra 1.13 compliments this message telling us that the continuous effort of practice (abhyasa) brings us the opportunity to find stability. The following sutra (I.14) helps us to understand the importance of nourishing our practice through perseverance - just like the bellbird! - over time, with positive actions and attitude, and with enthusiasm and respect. All these teachings have such helpful messages!

For me, one of the joys of yoga is the wide range of possibilities we have for engaging in nourishing practice - both for ourselves and our students - whether that be in physical movement and stasis, the amazing potential for vitality from working with the breath, taming of that monkey mind through concentration techniques, working with that calm steady state in reflection and meditation, the potential for change through sound work - and so much more.

How helpful it also is to be able to support our personal daily practices, and teaching skills and knowledge with professional development. We will be working with our registered training providers to help facilitate this more during this year.

(continued page 2)

Yoga Sutra 1.13

**tatra sthitau yatno
'bhyāsaḥ**

**Practice is the sustained
effort to remain there, in
this place (or direction)
of stability**

Translation by Frans Moors

Māori whakataukī

**Iti rearea teitei
kahikatea ka taea**

**Although the rearea
(bellbird) is small it can
ascend the lofty heights
of the Kahikatea tree**

All our efforts, no matter how small or minimal, are better than no effort at all, and, if that effort is sustained, we should reach those great heights.

Our Yoga NZ members' sanga support in 2022 begins with our zoom meeting on 16th March, 4pm - 5pm - 'Breath: The first thing you do in life and the thing that everyone dies from failing to do?' This will be presented by Chaitanya Deva. We do hope you are able to attend.

The 2022 Hauora Yoga Conference has been set for Sunday 6th November in Christchurch and we are considering ways in which some online attendance may be also possible. Do save the date in your diary! Expressions of interest for speakers are being sought - [click here](#) to register your interest

Looking forward to seeing you in 2022 at one or more of our events - and I would be delighted, of course, to hear from you with comments and good ideas for the progress of our professional association.



Heather -
Yoga New Zealand Council Chair

Yoga New Zealand Council Progress Report

Launching into a new year gives us the ability to consider priorities for Council activities in co-operation with our operations team in Christchurch. From Covid-led initiatives over the last couple of years we are now considering ways of updating our presence through working groups and proposed enhancements to the website.

The areas Council are hoping to focus on include: creating a Yoga Studio membership with appropriate benefits, new working groups for Yoga Therapy, Registered Teacher Training Providers, and Mentoring. It is an exciting time and the Council looks forward to updating you as the year progresses.

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 first 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!

WEDNESDAY 16 DECEMBER: 4PM - 5PM

[CLICK HERE](#) to register

TOPIC: **Breath! The first thing you do in life and the thing that everyone dies from failing to**

When most people think of things to do to become more healthy, they tend to look at changing their diet and doing more exercise. However, you can live for decades on a poor diet and with little exercise, but no-one gets past 16 minutes without taking a breath. In this Sanga we will look at the effects of breathing, pace and volume on blood chemistry, anxiety and depression and much more, as well as looking at what might be happening from a blood chemistry perspective during some Pranayama techniques.



Plans for the 2022 Hauora Yoga Conference are 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 2022 '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 6 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 April 31, 2022.

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

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](https://www.facebook.com/yoganewzealand1)

Instagram : [yoganewzealand.inc](https://www.instagram.com/yoganewzealand.inc)

Twitter : [@YogaNZOrg](https://twitter.com/YogaNZOrg)



Exercise New Zealand On (Virtual) Tour

Exercise New Zealand On Tour is coming to you virtually on **Friday 20 May, 2022 - 9am - 2.30pm.**

See below our presenters for 2022. Each an expert in their field. Including our very own Yoga New Zealand Member and Yoga Lunchbox Editor, Veriona King who will be presenting 'Nidra for Mental Health'.

For more information, please visit:

<https://exnz-on-virtual-tour.heysummit.com>

You can also connect with our Yoga New Zealand Facebook and Instagram for regular event updates.

We hope to see you there!

EXERCISE NEW ZEALAND ON (VIRTUAL) TOUR

Our Presenters:



Craig Harper



Veronica King



Michol Dalcourt



Nardia Norman



Donevon Viljoen



YOGA
New Zealand