

Accommodation will be shared. Please indicate if you would like a single room as there are a limited number available. These will be allocated on a first in first served basis.

All meals will be vegetarian. If you have any special dietary needs, please self cater.

Additional Presenters

IYTA Yoga teachers for flexibilities, relaxation and meditation sessions.

Kalpana Chana – Indian head massage

Entertainment Friday night

Concert Saturday night - anyone welcome to contribute an item (contact Lynn Webster Ph: 09 521 2022, email: yoga_lynn@yahoo.com)

**BOOK NOW!
DON'T MISS OUT**

Enquiries: Janine Kenyon
Phone: 09 5203446
Email: JandG@xtra.co.nz

Saturday

10th April

**PUBLIC
OPEN DAY**

With International Tutor

SAL FLYNN

Registration: 9.15am

Workshop: 10am – 4.30pm

Morning Session: **Yield – Earth**
(grounding and gathering)

Afternoon Session: **Navel Radiation –
Expansion** (turning inward to reach out)

Bring your own mat, blanket, lunch and
drink bottle

COST: \$60

Bookings essential

I.Y.T.A (N.Z.) Inc.

Yoga Aotearoa

Presents

**Awakening to the
Joy of Yoga**



“Inspiring Unity through Yoga”

2010

**20th Yoga Convention
Auckland**

8-11 April 2010

For ALL Yoga Practitioners

VENUE



Sacred Heart College
250 West Tamaki Road, Glendowie, Auckland

Spacious and extensive grounds, shared accommodation, nearby sea walks and nature reserve, indoor heated pool available for small fee.

Bring your own sheets, towel, blankets or sleeping bag.

Convention includes an Open Day on Saturday 10th April. In the evening, for Convention attendees, there will be an evening banquet and a graduation ceremony for our IYTA Teaching Diploma and Study Certificate graduates. Graduates may invite a guest to the banquet (cost for guest \$30).

Venue is approximately 30 minutes drive from Auckland Airport and 20 minutes drive from the city centre (allow more time in peak hours). Further details and a map will be included with your registration confirmation.

INTERNATIONAL GUEST TUTOR



Sal Flynn has been a yoga practitioner, teacher and therapist for 25 years. While her background is in diverse yoga disciplines, it is rooted in the tradition of Sri Krishnamacharya and Ashtanga yoga. In recent years she has balanced tradition and creativity, inspired by her mentor Donna Farhi. As a transpersonal psychotherapist she emphasises the intimate interplay of the first three Koshas described in Yogic practice and philosophy. Through movement, breath and concentrated awareness she explores ways to bring all dimensions of embodied being into conscious, joyous belonging.

Through her work in private practice, classes and workshops, Sal encourages clients and students to use yogic, meditative and Western processes to cultivate awareness for personal exploration and transformation.

REGISTRATION FORM

Name: _____

Address: _____

Phone: _____

Email: _____
(for registration confirmation)

COSTS:

- Earlybird fee (by 1 December 2009) \$300
- Full fee (by 28 February 2010) \$350
- Banquet (for extra guest) \$ 30
- Open Day only \$ 60
- (Delete those not applicable) _____

Your total payment: _____

The cost includes 3 nights' accommodation and all meals. There is no reduction for living out or shorter stays.

Please post completed registration form on the same day you either credit the account or mail your cheque. Cheque payable to: **IYTA (N.Z.) Inc. Convention A/c** and **posted to Cheryl Ellis, 1/28A The Parade, Bucklands Beach, Auckland.**

Account number for direct electronic credit is: **02-0112-0305140-002.** Please put your full name as the code. Confirmation of registration will be either emailed or posted. Receipts will be available at the Convention.