



Shraddha—Yogic Lifestyle Education Trust

www.shraddha.org.nz

phone: 858 3445



pre natal yoga workshop

Keep yourself relaxed, aware & toned



\$30 or \$50 with partner
Sun 14th Mar 10, 10 am to 1 pm,

Bookings: phone 858 3445
info@shraddha.org.nz



Bring your partner to the workshop so they can understand what you are practising and share this lovely experience. Learn to tone, stretch, relax and breathe for now and later in life. This workshop also helps the mother to make a closer connection with the baby (and vice versa!), which will increase when practices are continued at home, especially yoga nidra. It is recommended to wait until the second trimester before starting any new activities.

Suitable for beginners and more experienced practitioners as well as their partners. **Bookings essential!** Please wear comfortable clothing and bring a mat, blanket and cushions.



Radhe is a former director of both Satyananda Ashram (NZ) Ltd and Ashram Yoga in Parnell, Auckland. Radhe ran a yoga centre at Maraetai Beach for 7 1/2 years, travelled to India twice in 2000-2001 before moving to Katikati. She subsequently relocated to the eastern Bay of Plenty and now works at Rangitahi College in Murupara. She teaches weekly yoga classes in Rotorua and Murupara and is available for workshops and private yoga instruction.