

**SUNDAY
23 JULY**

10am - 12pm

(active/inquiry/Yoga)

&

2pm - 4pm

(restorative class with Yoga Nidra)

\$80.00

Limited Spaces

Location:

Banks Hall, 13 May St
Mt Maunganui

SUNDAY YOGA

with Juliet Forch

The Yoga Collective proudly presents "Sunday Yoga" with Juliet Forch.

A day to enhance natural movement patterns to create a sense of ease, strength and integration in the body, on and off the mat.

"The human spine is the structural, mechanical, neurological, and energetic core of the body. To maintain a balanced relationship through this midline we will explore in our Yoga practice how we can best support, nourish and preserve the curves of the spine. Moving with intelligence and intention to Align the Whole Body."

Juliet has studied yoga since 1990. She is the owner and principal teacher at the The Papakura Yoga Centre in Auckland, which she established 2001. Juliet is a Senior Associate teacher with Donna Farhi, with whom she continues to study and assist in NZ and internationally. She has also done intensive study with Judith Lasater on the use of restorative Yoga postures. Treasured by her students for the warmth and intelligence that she brings to their classes, Juliet has an exceptional ability to meet each person with complete acceptance while at the same time opening new pathways for transformation.

For enquiries regarding Juliet, please visit her website: www.julietforch.co.nz

TO REGISTER email yogaatthecollective@gmail.com. Payment is required at the time of your booking and is non transferable or refundable. Spaces are limited. Please refer to The Yoga Collective Booking Procedure attached for payment options. Please note we break for lunch and you will need to bring lunch with you or money to access the cafes close by. The beach is a 5min walk away & maybe a peaceful place to absorb the mornings teachings and take a still break in nature.

Juliet
forch

YOGA

MT MAUNGANUI WORKSHOP
SUNDAY 23 JULY 2017