

# *Marotiri Yoga*

**Tutor:** Shikha Shukla, I am looking for a friendly atmosphere to share my knowledge of pranayama through the simple practice of ancient breathing techniques to achieve a healthy, peaceful and long happy life. Over the years my journey has taken me from being a gymnast, professional chef, chef admin to a yoga instructor. I've studied yoga and pranayama since my early childhood at Maharishi Patanjali Vidya Mandir and later at swami Vivekananda Mission, Allahabad, India. My love for science and art of yoga and pranayama enables me to bring a very practical understanding and approach to a healthy and stress free life.

***In this class for beginners you will learn:***

***Pranayama: Breathing techniques, Yoga poses***

***Those experienced in Yoga also welcome to join***

Tutor: Shikha Shukla

Dates: Mondays June 14<sup>th</sup> to 12<sup>th</sup> July, 2010 (5 weeks)

Time: 5-6pm

Venue: Marotiri Community Hall

Bring: A yoga mat or blanket

Fee: \$50 for 5 weeks

Numbers: Small classes for individual attention Maximum 10 - Minimum 6

**Register and pay before classes start with REAP 73 Titiraupenga St, TAUPO or email [reception@reap.org.nz](mailto:reception@reap.org.nz) or phone: 378 8109. Internet Banking accepted.**

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