

A fun afternoon of Buddy Yoga

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# Buddy Yoga

Saturday 4 November  
1.30pm - 4.30pm



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**Hello yoga friends!**

I am delighted to announce this unique workshop which I'll be sharing with my

yoga buddy of 17 years Greg Colson - who will be coming up especially from Wellington.

### **BUDDY YOGA Workshop**

1.30pm - 4.30pm

Saturday 4 November 2017

Blockhouse Bay Boat Club, Endeavour Street, Blockhouse Bay

### **What is buddy yoga?**

You'll be led through a series of sequences where you and your buddy will provide support for each other in postures. As well as being a LOT of fun it gives a lovely awareness of alignment and a connection with other people.

Everyone welcome - no partner required!

### **The venue**

Our venue could not be more perfect - Blockhouse Bay Boat Club is located in a quiet reserve with 270 degrees of sea views. There's lots of free parking in the reserve located at the bottom of Endeavour Street, the boat club is then just a short walk through the reserve.

### **Booking**

\$50 per person - with payment in advance

\$60 per person - Payment on the day

Numbers are limited and this workshop will get filled quickly so to secure your place please email - [hannah@hansi.co.nz](mailto:hannah@hansi.co.nz).

For payments made by bank transfer, please use the following:

01-0249-0157011-00

Any questions, please ask - looking forward to seeing you soon.

Many thanks!

Hannah xx

021-0440-364

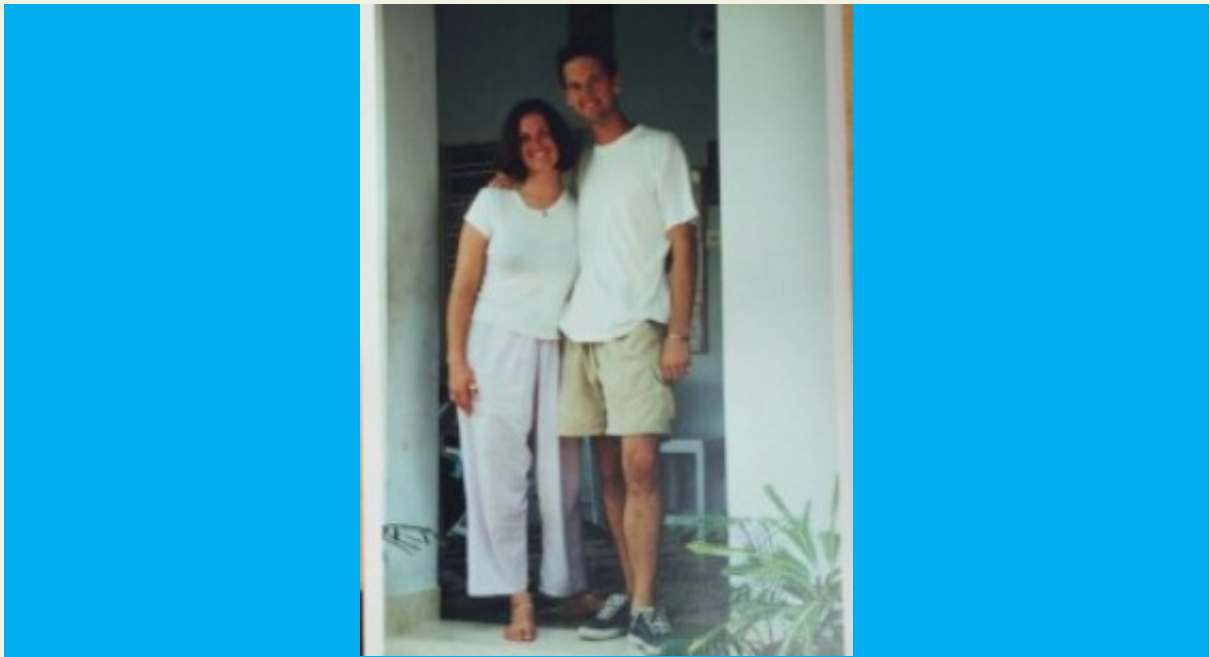
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[www.hansi.co.nz](http://www.hansi.co.nz)

[www.bodymindyoga.net](http://www.bodymindyoga.net)



*The stunning and peaceful boat club*



*Hannah & Greg during teacher training  
January 2001, India*



*Twisting Buddies!*



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