To book a class: Click on the name of the class in the table below. This will take you to our online shop.

Price: US$18.50 per class.

Teachers: To find out more about each teacher and their approach, scroll down. You can also register for classes from there.

Weekly Livestream Schedule via Zoom: September 29 - December 14, 2022

To book classes: click the class name
in the list below.

Click here for bundle deals.

All times are New Zealand time.

Class date NZ time	Class day NZ time	90-minutes class	Class Name	Your teacher
29th September 2022	Thursday	8 AM	#1 Sideways with Somatic Yoga	Lisa Petersen
5th October 2022	Wednesday	10 AM	#2 Movement as Meditation	Donna Farhi
13th October 2022	Thursday	8 AM	#3 Kindness in Motion	Neal Ghoshal
19th October 2022	Wednesday	10 AM	#4 Sequential Flow: Origins of Alignment	Donna Farhi
27th October 2022	Thursday	7 AM	#5 Forward Bending with Grace and Gratitude	Lisa Petersen

Class date NZ time	Class day NZ time	90-minutes class	Class Name	Your teacher
2nd November 2022	Wednesday	10 AM	**#6 Sequential Flow: Inner Currents**	Donna Farhi
10th November 2022	Thursday	8 AM	**#7 Softening, Resting, Being, Presence**	Neal Ghoshal
16th November 2022	Wednesday	10 AM	**#8 Gentle Back Bends – Strong Spine**	Donna Farhi
24th November 2022	Thursday	7 AM	**#9 Twisting from Our Inner Spirals**	Lisa Petersen
30th November 2022	Wednesday	10 AM	**#10 Channeling Your Inner Fish**	Donna Farhi
8th December 2022	Thursday	8 AM	**#11 Moving From Center**	Neal Ghoshal
14th December 2022	Wednesday	10 AM	**#12 Restorative Reset**	Donna Farhi

Your teachers and classes

Purchase classes by clicking on the class names below **(#1-12) or in** our online shop**.**

Teacher: Donna Farhi

About Donna

Leading yoga teacher Donna Farhi has been practicing for over 40 years and teaching since 1982. As a post-lineage pioneer, Donna has been at the forefront of generating a new model for teaching that fosters self-inquiry through the cultivation of a deepening trust in one's own perceptions. Through creating a warm atmosphere free of judgement and competition she invites students to investigate their experience and to adapt and evolve their practice according to their individual needs. Incorporating the rigorous backing of anatomical principles for safe and sustainable practice, Donna offers progressive levels of engagement that allow people of all levels of experience and from all traditions to build their own authentic yoga practice. Learn more about Donna...

- **#2 Movement as Meditation**: When we invite present moment awareness into our yoga practice there is an opportunity to saviour the granularity of sensation. ... **(click to read more or purchase)**

- **#4 Sequential Flow - Origins of Alignment:** Through learning to initiate impulse from the ground and allowing this force to move unimpeded, we rediscover the organic origins of asana and its intimate relationship to the oceanic flow of the breath. ... **(click to read more or purchase)**

- **#6 Sequential Flow - Inner Currents:**

  The ability to intelligently sequence force through the body is the foundation of what we call "alignment", ... **(click to read more or purchase)**

- **#8 Gentle Back Bends - Strong Spine:**

  Being able to do deep backbends seems to be the ultimate status symbol in Yoga Land, but is deep extension really that great for the spine? ... **(click to read more or purchase)**

- **#10 Channeling your Inner Fish:**

  Lateral movement shifts us out of yes and no answers and moves us into the dimension of choice and possibility. ... **(click to read more or purchase)**

- **#12 Restorative Reset:**
  In this Restorative deep dive, we'll explore how the baroreceptor and oculocardiac reflexes can down-shift in our nervous system, ... **(click to read more or purchase)**

Teacher: Neal Ghoshal

About Neal

Neal has been practicing yoga for 23 years and teaching since 2003. He sees yoga as a guide to restoring our place and understanding of who we are and how we can live peacefully, happily and completely fulfilled. Neal's teaching focuses on exploring and refining natural movement and alignment principles – learning to embody these principles in a way that takes our spiritual practice into our everyday lives. Learn more about Neal...

- **#3 Kindness in Motion:** In this movement class, a space is offered and practices explored which allow kindness to be present throughout. Known to not only be good for our health and well-being, kindness offers us a felt sense of belonging, ... **(click to read more or purchase)**

- **#7 Softening, Resting, Being, Presence:**
  In this class we explore moving with the breath, being moved by our breath, and using our breath to soften into an experience of easeful being. ... **(click to read more or purchase)**

- **#11 Moving From Center:** In this class we harness our naturally fluid body to inform our flowing yoga practice. ... **(click to read more or purchase)**

Teacher: Lisa Petersen

About Lisa

Lisa is a somatics innovator and Yoga teacher who is passionate about guiding people towards personal transformation both on and off the mat. She is internationally known for her integrity, clarity, and presence. Her teaching is informed by a rich understanding of embodiment, experiential anatomy, and developmental movement patterns. She is moved by finding the balance between being and doing, movement and stillness, strength and fluidity, discipline and freedom. Learn more about Lisa...

- **#1 Sideways with Somatic Yoga:** Side bends inhabit a liminal space of possibility. We are neither moving forwards or backwards but in the fertile soil of 'in-between asana'. ... **(click to read more or purchase)**

- **#5 Forward Bending with Grace and Gratitude:** This class is an opportunity to explore how we move inwards before we can move outwards. ... **(click to read more or purchase)**

- **#9 Twisting from Our Inner Spirals:** Explore the practice of asana as a meditation in motion and learn how to create seamless flow within the body. We will work specifically with fascia and transitions in this class. ...**(click to read more or purchase)**