

# THERAPEUTIC YOGA



*Key to excellent health and youth:  
Restore your natural ease and alignment*

**Jivana Yoga Studio**  
**8 Leith Crescent Greymouth**

**Saturday 28<sup>th</sup> August 9-30am to 4-30pm**

**Investment \$95**

**Confirmed booking with payment by  
Friday 20<sup>th</sup> August**

**Phone 03 768-6102**

**Email [sandie@jivanaretreat.co.nz](mailto:sandie@jivanaretreat.co.nz)**

*Bring a yoga mat or rug, drinking bottle,  
healthy lunch to share, and smiles.*



*Facilitated by Sandie Matthews  
International Teacher and Personal life  
coach 35years (Cert Diploma I.Y.T.A.) in  
Yoga Science, & Preventative medicine,  
founding Director of Jivana Yoga  
Health Retreat West Coast NZ where  
people can live in while they are  
supported with daily organic cuisine,  
and personal health programs.  
[www.JivanaRetreat.co.nz](http://www.JivanaRetreat.co.nz)*

**Our Saturday program** stretch out, relax and rejuvenate, learn principles for reducing tension & stress. Understand your body mind patterns. Embrace inspirational breath. Breathe affects the amount of energy we have, and the ways we use energy, our sense of aliveness and longevity.

What inspires you? What is the highest and the most fulfilling use of all that you are? Inspiration is the first thing we do after being born, so it is appropriate that we start here. Learn the link between breath, mind, emotions, and inner BLISS.

Simple yoga tools for the raw beginner to help your self out of pain and keep a moving freedom in your anatomy and structure, with improved alignment. Movement and the relationship of your chest and pelvis, and release of hips, shoulders, arms, and spinal vertebrae.

Become aware of the interactions of emotions with structure and ease in our daily life styles. We are Human “BEINGS”, not doings.

*“Yoga has left me free of serious lower back pain of which I had no success with any other therapy. It is great to feel increased health and energy again” J Hellyer.*

*“I was welcomed with open arms. After a bad knee injury, Sandie has spent two days applying natural therapies and rest. I now need to leave my cocoon and carry on my journey, feeling so much better” Mandy.*

*“Yoga helps me sleep much better, I’m more flexible, calmer, and wouldn’t miss it for the world”. Lisa  
I feel much more flexible, and a stronger sense of well being, it is good for my soul”. J Kemp.*

*“When visiting my Doctor after taking up yoga he found my blood pressure was now normal and I no longer needed medication. I used to have heart flutters and a revved up nervous system which I was using medication for, I also no longer need these with yoga in my life” L A.*

*People will forget what you said, people will forget what you did, but people will never forget how you made them feel.*