

# DISCOVER YOUR ENERGY BODY THROUGH YOGA

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*Exploring āsana and pranayama as a means  
to experience the body's vital energy*



A workshop series exploring how we can identify,  
direct and harness energy throughout the body.  
Develop a physical understanding of subtle aspects  
of your yoga practice with senior Iyengar teacher,  
Marla Apt.

***Friday 1 August 2025***

*5:30-7:30pm*

***Saturday 2 August 2025***

*9-12pm & 3-5pm*

***Sunday 3 August 2025***

*8-10am & 11-1pm*

**\$375 early bird (by 31 May) / \$425 regular**

*Kula Muriwai*

*505 Oaia Road, Muriwai 0881*

*[www.kulamuriwai.co.nz](http://www.kulamuriwai.co.nz)*

Onsite catering and accommodation options  
available on request.

Contact: [kaye@kayeglamuzina.com](mailto:kaye@kayeglamuzina.com)  
or [eirapunt@outlook.com](mailto:eirapunt@outlook.com)