

## Welcome to the Yoga Space

If you have any general queries about classes or yoga in general, please contact

Rachel Chapman on 0211282810 or email [yogaspace.hastings@gmail.com](mailto:yogaspace.hastings@gmail.com)

We are a collective of teachers sharing our love of yoga. The following teachers are holding regular offerings here at The Yoga Space. They are in alphabetical order by their first name:

Ariane Holzfuss

Email: [ariane.holzfuss@googlemail.com](mailto:ariane.holzfuss@googlemail.com)

Class: Rise and Sine Saturday 8.30am

Erleen Oldham - Paschima Holistic

Email: [paschimaholistic@yahoo.com](mailto:paschimaholistic@yahoo.com)

Phone: 027 7563224

Class: Do What you Can Yoga Wednesday 4.30pm

Lucinda Sharrett

Email: [lucinda@outfit.net.nz](mailto:lucinda@outfit.net.nz)

Class: Tuesday 5.30pm Move Like a Yogi

Mary Brooker

Email: [mebrooker@yahoo.com](mailto:mebrooker@yahoo.com)

Phone: 027 2499707

Class: Rise and Shine Sat 8.30am

Rachel Chapman - Circle of Yoga

email: [circleofyoganz@gmail.com](mailto:circleofyoganz@gmail.com)

Website: [www.circleofyoga.co.nz](http://www.circleofyoga.co.nz)

Phone: 021 1282810

Classes: Hatha Yoga Wed 6pm, EIT Beginners Yoga Thur 5pm and Sat 10am, Pregnancy Yoga 6 week blocks, Yoga Therapy One on One – on request

Sarah Little

Email: [blissinterests@gmail.com](mailto:blissinterests@gmail.com)

Phone:

Class: Rise and Shine Sat 8.30am

Silke Whittaker Heartspace

Email: [silke@heartspace.nz](mailto:silke@heartspace.nz)

Website: [www.heartspace.nz](http://www.heartspace.nz)

Phone: 021 1614340

Class: Nourish Yin Yoga, Sound Healing and Yoga Nidra

Tracy Power-Kruger

Email: [tracy@rebelyoga.nz](mailto:tracy@rebelyoga.nz)

Phone: 027 598 1109

Class: Sunset Flow Monday 6.15pm