



Yoga Workshops

Concert Chamber, Auckland Town Hall



Reha is the creator and founder of reKKha Yoga. She is re-introducing yoga to the mainstream in its culturally, spiritually authentic and respectful form with a strong focus on accessibility for every type of body and anybody.

Reha Kumar - reKKha Yoga

There are 10 60-minute yoga workshops across both Saturday 4 and Sunday 5 November. There is no booking required, please just show up 10 minutes prior to the scheduled class. The workshops are inside the Concert Chamber, Auckland Town Hall, 33 Queen Street, Auckland

Saturday 4 November

Outdoor Yoga - Queen Street Stage	12pm - 12:30pm
Ramayan as the hindu code of ethics	1pm - 2pm
Gentle Hatha Yoga Flow	2pm - 3pm
What really is Yoga	3pm - 4pm
Yoga Nidra workshop	4pm - 5pm

Sunday 5 November

Ramayan as the hindu code of ethics	12pm - 1pm
Gentle Hatha Yoga Flow	1pm - 2pm
Introduction to the 7 main chakras	2pm - 3pm
What really is Yoga	3pm - 4pm
What really is meditation?	4pm - 5pm

Saturday 4 November

Outdoor Yoga for beginners at the Queen Street Stage

12pm - 12:30pm

A gentle yoga class focusing on breath awareness, short vinyasa sequence, ending with a guided meditation. A short class to start your day at the BNZ Auckland Diwali Festival. Great for beginners.

Ramayan as the hindu code of ethics

1pm - 2pm

Workshop on the history and philosophy of yoga and the Indian culture influence. During this workshop you will learn about ancient texts and scriptures and the Hindu pantheon in informing yoga as a way of life and how festivities like Diwali and Ram & Sitas journey fit into this yoga timeline.

Gentle Hatha Yoga Flow

2pm - 3pm

A slower version of a vinyasa flow where the focus is on mindful movement, from pose to pose. This class will introduce you to pranayama (breath awareness practice), asana (poses) and end with a guided meditation. The theme for this practice will be on equanimity - to see, without being affected by what we see.

What really is Yoga - Moving past what we see on social media

3pm - 4pm

In this workshop you will learn what indigenous yoga is as a practice when removed from images of thin and able-bodies. It will introduce you to the 8 limbs of yoga and briefly describe what each style of yoga popular in NZ entails. Moral guidelines of yoga will also be discussed along with true meaning and history of the word 'Namaste'. You will also be guided through a sequence of Surya namakser (sun salutation) and Chandra namaskar (moon salutation) which forms the basis of most styles of yoga. You will be offered different variations of each pose so that you can practice with what your body is comfortable with.

Yoga Nidra workshop

4pm - 5pm

Learn about the eastern translation of the western idea of non-sleep deep rest. During this hour you will learn about the science behind this practice of yogic sleep and how it affects the brain. You will also briefly be introduced to research conclusions on its effects on the human body. To end you will be guided through a short yoga nidra class.

Sunday 5 November

Ramayan as the hindu code of ethics

12pm - 12:30pm

Workshop on the history and philosophy of yoga and the Indian culture influence. During this workshop you will learn about ancient texts and scriptures and the hindu pantheon in informing yoga as a way of life and how festivities like Diwali fit into this yoga timeline.

Gentle Hatha Yoga Flow

1pm - 2pm

A slower version of a vinyasa flow where the focus is on mindful movement from pose to pose. This class will introduce you to pranayama (breath awareness practice), asana (poses) and end with a guided meditation. The theme for this practice will be on equanimity - to see without being affected by what we see.

Introduction to the 7 main chakras

2pm - 3pm

Muladhara, Swadhisthana, Manipura, Anahata, Vishuddha, Ajna, Sahasrara, or energy channels in your body and simple poses that can help to activate these energy channels that you can include in your everyday practice.

What really is Yoga - Moving past what we see on social media

3pm - 4pm

In this workshop you will learn what indigenous yoga is as a practice when removed from images of thin and able-bodies. It will introduce you to the 8 limbs of yoga and briefly describe what each style of yoga popular in NZ entails. Moral guidelines of yoga will also be discussed along with true meaning and history of the word 'Namaste'. You will also be guided through a sequence of Surya namakser (sun salutation) and Chandra namaskar (moon salutation) which forms the basis of most styles of yoga. You will be offered different variations of each pose so that you can practice with what your body is comfortable with.

What really is meditation? Did Ram utilize meditation during his exile?

4pm - 5pm

An introduction to slowing down and listening. In this hour you will be introduced to different ways you can meditate anywhere and everywhere. You will leave with simple tools to easily incorporate into your life and everyday help re-align your nervous system in this fast-paced world.