

Share This: STUDIO CIRQ
Newsletter

Dear [member_name_first]

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TIMETABLE FOR APRIL - JUNE

Our new timetable begins Monday 4 April with the end of daylight savings hours. Significant changes are:

Ashtanga Yoga Led Class on Tuesday at 6.30pm moves to Thursday at 6pm

Mat Pilates on Wednesday and Friday at 7.30am are replaced by a class on Tuesday at 7.30am

Mat Pilates on Friday at 12.15pm and 1pm merges into a single one hour class at 12.45pm

You can download the new timetable [here](#).

MEDITATION WORKSHOP 2 APRIL: SERENITY AS A STATE OF MIND

By meditating we develop the ability to be mindful, recognising the here and now. The afternoon workshop with Andrew Daws will be a guide to suitable sitting postures, how to approach your practice including setting up your own daily sitting practice:

Building concentration

Listening to your body and mind

Observing the breath

Physical changes in the body

Physical sensations

The external world

The benefits are considerable: numerous scientific studies point to the positive effect meditation has on the mental state as well as the brain's neural pathways. It is also a powerful tool for the letting go of emotional suffering.

2 April 2.30 – 5pm. Fee \$75. You can book using the link below

COURSES STARTING MARCH/APRIL

Bookings for any of the courses listed below can be made [here](#)

Ashtanga Yoga for Beginners

Courses run 8 weeks

Fee \$175

Tuesday: 6.30 - 7.45pm

Teacher: Jenni Juokslahti

Term Dates

5 April - 31 May

Dynamic Yoga for Beginners

Courses run 8 weeks

Fee \$175

Wednesday 7 - 8pm

Teacher: Jasmine Johnston

Term Dates

6 April - 25 May

Pilates for Beginners (Monday evening)

Courses run 8 weeks

Fee \$175

Monday 6.15 - 7.15pm

Teacher Kristy Pilcher

Term Dates

4 April - 30 May

Pilates for Beginners (Thursday evening)

Courses run 8 weeks

Fee \$175

Thursday 7 - 8pm

Teacher Joao Oliveira

Term Dates

31 March - 19 May

Power Pilates (Advanced/Classical Pilates)

Courses run 8 weeks

Fee \$175

Tuesday 6.15 - 7.15pm

Teacher Carolyn Diaz

Term Dates

29 March - 17 May

TEACHER NEWS

Welcome Sharon Hibbin who will take the Tuesday morning Pilates class from 5

April Sharon is a fully trained Level 2 STOTT Pilates instructor from England. She discovered Pilates as a all-round fitness technique when she had to sell her horse to move to Melbourne with her Australian boyfriend. Previously Sharon worked as an investigator, but is is much happier in the world of Pilates. In her spare time she enjoys horse riding, running and dabbling in golf.

CORPORATE CLASSES AT STUDIO CIRQ

We have session times available at lunchtime Monday, Wednesday, Thursday and Friday for corporate yoga classes of up to 20 people. We provide the studio, teacher and all equipment for a weekly classes taught in a block of 8 – 10 consecutive weeks.

Fee per class is \$150 including GST.

To enquire about these classes and more detail on times available, please [contact me](#).

SHIATSU

Its been four months since treatments were suspended when Tomoko went back to Japan. The good news is Sophie Jeffries will now be doing treatments on Tuesday and Friday afternoons. She will be available from 2 - 4pm on both days and we are already getting great response to her treatments. A one hour treatment is \$80 which can be claimed from private health care. To make bookings or enquiries, please contact me

EXPRESS NATUROPATHY WITH JACQUI FEE

After the great sucess of Jacqui's Iridology sessions here this month, we are discussing introducing express naturopathy appointments each month. Appointments would be for 15 minutes, suitable for simple issues that do not require a long consultation. Private health care claims would not be available on these appointments. Please let me know if this service is something you would use.

INDIVIDUAL YOGA TUITION

Jasmine Johnston teaches individual tuition sessions on Friday evenings from 5.30 - 7pm. Each of us is constructed slightly differently and vary in strength, flexibility, experience and ability. Her sequences of poses take this into account, and are tailored to the particular needs of a student. The sequence is memorised and practised under her guidance. We are planning to introduce one or two morning sessions 6.30 - 8pm on Wednesday and Friday mornings. I will announce the classes once they are confirmed. Please note that as these are teacher-run classes, payment is made to the teacher. Please [contact](#) Jasmine to express interest or make an enquiry.

PETER SANSON ASHTANGA YOGA WORKSHOP

New Zealander Peter Sanson is returning to Melbourne for a week long workshop at Studio Cirq. He is one of a handful of teachers worldwide to have the Advanced B 4th series teaching certificate from Guru. Sri K Pattabhi Jois. All levels are welcome

Monday 11 - Saturday 16 April at 6.30am, 7am and 7.30am start times

Fee: \$150. [Bookings/enquiries](#)

YOGA RETREAT TO BALI

Jenni Juokslahti's Bali retreat is now sold out but the good news is that she has added an extra week 24 - 30 May. The retreat programme includes

- Vigorous Ashtanga Yoga practice in the morning
- Gentle theme based asana sessions in the evening
- Pranayama breathing practices
- Vipassana meditation
- Asana technique workshops
- Inspirational lectures for a happy and healthy life
- Tools to improve your home practice
- Wellness treatments (massages, reflexology, beauty treatments)
- Possibility to start a personalised 6-month Health Coaching program

For enquiries and bookings please [contact Jenni](#)

Please don't forget to pass on your feedback, suggestions and comments.

Regards

Lindsay van Niekerk

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