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Newsletter

Dear [member_name_first]

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 3. New Yoga Course
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New Timetable starting 31 January

Download the new timetable for a preview of classes and courses coming once we return to the full timetable. The only notable change from the 2010 timetable is Thursday evening Pilates where the evening drop in class begins at 6.15pm and is followed by a beginner course at 7pm. Thursday morning yoga will be discontinued and will be reviewed again in April.

Australia Day Public Holiday

We will be closed on Wednesday 26 January for the public holiday. Regular classes resume from 27 January. Enjoy the holiday or the long weekend if you're taking a break.

Dynamic Yoga for Beginners - New 8 week course

Jasmine Johnstone is back and the good news is she will teach a beginner level course in her own style of dynamic yoga called Sakshin Ghatasha. The course is great place to start or return to your long forgotten yoga practice. You will start with basic yoga poses and learn how to connect them with an emphasis on breathing,, alignment and mindfulness. It promises to be the start of a wonderful journey! On completion of the course you will be ready for any of our casual dyanamic yoga classes.

Meditation Workshop Series

Meditation can be your way of releasing yourself from the trap of a conditioned mind filled with habitual and sometimes obsessive thinking. It allows you to find within yourself something that already exists and is much more real, substantial and satisfying

In this three part workshops series, teacher Andrew Dawes will guide students to this state of a mindfulness with clarity, curiosity and kindness - to discover what is the essential self. The themes are

5 March: **Finding your own peace within**

2 April: **Serenity as a state of mind**

7 May: **Developing compassion and loving kindness**

Suitable for students new to meditation and for those wishing to develop more structure and depth in their practice. Bookings below.

Courses and Workshops

Vijnana Yoga for Beginners

18 January - 22 February.

Tuesday 7.30 – 9.15pm.

6 weeks. Fee \$110 / 102 [Bookings](#)

Vijnana Yoga Intermediate Course

20 January - 24 February.

Thursday 7.30 – 9.15pm.

6 weeks. Fee \$110 / 102 [Bookings](#)

Ashtanga Yoga for Beginners

27 January - 31 March

Thursday 6 - 7.15pm

10 weeks. Fee \$220. [Bookings](#)

Beginner Pilates

31 January - 28 March

Monday 6.15pm

8 weeks. Fee \$175. [Bookings](#)

Power Pilates

1 February - 22 March

Tuesday 6.15pm

8 weeks. Fee \$175. [Bookings](#)

Beginner Pilates - *please note this course has moved to Thursday evening.*

Previously on Wednesday evening

3 February - 24 March

Thursday 7pm

8 weeks. Fee \$175. [Bookings](#)

Dynamic Yoga for Beginners NEW COURSE

9 February 30 March

Wednesday 7 - 8pm

8 weeks. Fee \$175. [Bookings](#)

Meditation: A Path to Clarity, Peace and Happiness

Saturdays 2.30 - 5pm

5 March: Finding your own peace within

2 April: Serenity as a state of mind

7 May: Developing compassion and loving kindness

\$75 per workshop or all three for \$200. [Bookings](#)

A Business Proposition

Who out there would gladly exchange the predictability of a job and fortnightly pay cheque for greater autonomy and the satisfaction of running your own business? Being in greater control of your own destiny is a powerful thing, having the freedom to make your own choices and follow your own instincts.

I have an interesting proposition for someone who is seriously considering starting or buying their own lifestyle business. Ideally you would be a collaborative person who works well with others, is highly organised, action oriented and technically competent.

If that sounds like you or someone you know who is looking for a business opportunity, please [contact me](#).

Teacher News

Kristy Pilcher has taken over Pilates on Monday nights, replacing Erinn Culinane. Many of you will know Kristy from her Saturday morning classes (which remain unchanged). I am so delighted to have someone as competent and personable take over what is a busy night.

Joao Oliviera takes over Thursday evening Pilates (Erinn's other night) which will change to a single drop in class at 6.15pm and a beginner course at 7pm.

Jenni Juokslahi is teaching both Monday and Tuesday night yoga classes, now that Njala has taken temporary retirement from teaching.

I hope to also announce the new teacher for Tuesday lunchtime yoga and Thursday evenings but as arrangements are not absolutely finalised with her, it will have to wait till next time.

I look forward to your feedback and suggestions for 2011- many great ideas come from you so don't hold back.

Regards

Lindsay van Niekerk

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