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Newsletter

Dear [member_name_first]

Ashtanga Yoga course for Beginners starts 2 July
New timetable starts from 4 July with new classes and teachers
Acupuncture treatments at Studio Cirq
Iridology with Jacqui Fee
Dr Antonio Martin's Coco Juice pure organic coconut water
Corporate classes at Studio Cirq

Ashtanga Yoga course for Beginners: Saturdays at 2.30pm
2 July - 20 August. Fee \$190 [Book](#)

Our 8-week course will provide the perfect foundation for the beginning student to build their practice. The beauty and benefit of the Ashtanga yoga practice becomes evident over time as you move beyond resistance and connect with a deeper understanding of yourself.

This introductory course involves theory as well as practice: breath, bandhas, drishti and vinyasa are all terms often heard by students but rarely understood. They are what make the Ashtanga practice yoga, the givers of health, vibrancy, ease and contentment. We will discuss and relate them directly to how they can bring depth and focus to the practice.

I am so happy to have the wonderful Amanda Ferris back in Australia teaching for us. For 14 years she has been a devoted daily practitioner of traditional Ashtanga yoga, making 5 trips to India, studying with Sri K. Pattabhi Jois and his grandson R. Sharath in Mysore. Amanda also became a student of senior Ashtanga Yoga teacher, Dena Kingsberg and completed a three-year advanced practitioner training.

New timetable July - September 2011 [Download new timetable](#)

The winter timetable begins Monday 4 July. Here are the changes you will see:

New classes

Tuesday 6.30pm Ashtanga Yoga Led Class with Jenni Juokslahti
Wednesday 12pm Dynamic Yoga for Beginners with Lucinda Marshall
Wednesday 5pm Dynamic Yoga for Beginners with Jasmine Johnston
Thursday 5.30pm Mat Pilates with Bronwyn Meyrick
Thursday 6.15pm Dynamic Yoga with Tamblyn Lord

Class cancelled

Thursday 6.15pm Mat Pilates with Joao Oliviera

Who are these new teachers?

You'll be able to read more about our three new teachers Lucinda, Tamblyn and Bronwyn, on the website.

Congratulations to Jamie and Rhiannon Power

Great news for those of you who did yoga with Jamie: his wife Rhiannon gave birth to their son Harlow last Thursday in a natural childbirth in northern NSW. Congratulations to both - photos as soon as I receive them.

Part time position at Studio Cirq

I am looking for a person with retail experience, preferably an inner city resident, to work a few hours at the Studio each week. For more information please [contact me](#)

Acupuncture Studio Melbourne

An innovative and affordable approach to acupuncture treatment is now available at Studio Cirq. Treatments are given to clients on comfortable reclining chairs in the main studio, enabling multiple clients to receive treatments simultaneously. The model allows people to relax, with their needles in, for as long as they desire. The sliding scale of fees is \$25-\$45 per treatment, + \$10 first appointment fee.

Appointments are available

Tuesday 9.30am - 12.30pm

Thursday 9.30am - 12.30pm

For appointments please contact

Stephanie Bowen, Registered Acupuncturist. 0414 155 202
stephaniebowenlac@gmail.com

Kerry Marshall, Registered Acupuncturist. 0488 237 444.
kerryjmarshall@gmail.com.

www.theacupuncturestudio.com.au (website will be up shortly)

Iridology with Jacqui Fee

Book in 15 minutes with naturopath Jacqui Fee to discover a wealth of information about your constitution, the level of functioning of your metabolic systems and organs and how all of this affects your health. Jacqui will give you advice on how to manage any health issues discussed in the session.

Date: Thursday 14 July

Times available : 9.30am - 12pm; 2.30 - 5pm (in 15 minute increments)

Fee: \$25

For bookings please [email me](#) with your preferred time.

Corporate classes at Studio Cirq

We have session times available at lunchtime Monday 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](#).

Equipment for sale

Blue foam bolsters (as used in Pilates) \$66

Pilates magic circles \$55

Premium yoga mat (similar to Lululemon mat) made of biodegradable synthetic rubber 173cm long x 61 cm wide x 4mm thick. Available in blue \$45.

All prices include GST

Dr Antonio Martin's Coco Juice

Now when you need something more than water at the end of the class, you will be able to refresh with one of Dr Antonio's delicious, organic coconut waters. It's full of good things (isotonic so replaces all those lost minerals), very low in calories and straight from the young coconut with nothing added.

The 500ml carton retails for \$6

Fitline Personal Training

Welcome to our new neighbours, Fitline who are now upstairs at Meyers Place. The Fitline lads already have a successful studio in the Rialto Towers, so its great to welcome them to the smart end of town.

I recommend their services as they have a very progressive approach to fitness, actively promoting yoga and pilates to compliment to their strength and conditioning training.

To celebrate the opening of Fitline Meyers Place, they are offering a complimentary Structural Balance Consultation to Studio Cirq clients available for the month of July.

To book in please contact info@fitline.com.au requesting the free structural balance programme. You can also check their other services and trainers out at www.fitline.com.au

I'll be back in August with more.

Regards

Lindsay van Niekerk

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