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Newsletter

Dear [member_name_first]

Courses and workshops starting June/July
Welcome to our new teachers
Accupuncture at Studio Cirq
Iridology with Jaqui Fee
Karyn Grenfell's yoga retreat
Reminder - we want to hear about your favourite therapist

COURSES & WORKSHOPS STARTING MAY/JUNE/JULY

Courses and workshops are run throughout the year and if you like structure, committing to a course will build a strong foundation of practice and understanding in a technique. Consistent attendance will be rewarded with a noticeably stronger and more flexible body, a calm, focussed mind and a greater appreciation and awareness of your own body and mind.

As a bonus, full fee paying course participants can purchase additional casual classes at a reduced rate of \$99 per ten-class pass. These additional classes must be used within 3 months of purchase.

All bookings require a deposit of \$50 on reservation, and the balance paid at the start of the course or workshop.

Dynamic Yoga for Beginners (places still available)

Wednesday 7 - 8pm

1 June - 20 July (8 weeks)

Teacher: Jasmine Johnston

Fee: \$175 [Book](#)**Pilates for Beginners** (places still available)

Monday 6.15 - 7.15pm

6 June - 1 August (8 weeks)

Teacher: Kristy Pilcher

Fee: \$175 [Book](#)**Ashtanga Yoga for Beginners**

Saturday 2.30 - 4pm

2 July - 20 August (8 weeks)

Teacher: Amanda Ferris

Fee: \$175 [Book](#)

We're introducing a new course format for beginner Pilates that involves two x 3 hour classes on Saturday afternoons. The longer format will be run workshop-style permitting expansive exploration of the principles, discussion, exercise practice and partner work. Illustrated notes will be provided for each student to re-inforce what is taught. The 3 hour classes will be broken into the key themes of Pilates, for greater understanding of practice and theory. 10 minute breaks on the hour will ensure that even the shortest attention span can relax!

Pilates for Beginners

Saturday 2.30 - 5.30pm (new format)

13 + 20 July (2 weeks)

Teacher: Felicity Morgan

Fee: \$150 [Book](#)

Teacher News

Unmani Rubinstein is returning to Israel in mid June. She has been teaching here on and off for about 7 years and has become one of the family. Her vigorous Shadow Yoga classes will be missed by those who followed her Thursday classes. All the very best to her and her new life.

Welcome to the spirited **Atira Tan** who inherits the Friday evening Dynamic Yoga class from Fred. Singapore-bore Atira has just the right qualities for those who feel frazzled by Friday nights. She has 13 years yoga experience, specialising in Anusara yoga. Her experience at some of the leading spas in asia is just the right thing for creating a sense of ease and calm.

Welcome to **Lucinda Marshall** who will take the Wednesday lunchtime yoga class from July. Lucinda has taught yoga for 9 years and is a student of the renowned teachers Nicky Knoff, Alan Goode and Peter Scott

Jenni Juokslahti returns to teach Monday evenings from 20 June. From July she will also teach the Ashtanga Led Class at the new time of 6.30pm on Tuesdays.

The Acupuncture Studio Melbourne opens at Studio Cirq in July

I am delighted to welcome Stephanie Bowen and Kerry Marshall to Studio Cirq. Working as Acupuncture Studio Melbourne, they will provide effective, affordable and professional acupuncture on a sliding scale to the people of Melbourne. This is a part of a growing international movement, bringing high quality acupuncture to a broader population. They do this by treating in one large room with 7 comfy reclining chairs that enable multiple people to be treated in one space. This practice brings about a wonderful dynamic that occurs when several people are feeling the same healing energy in one room. The sliding scale is \$25-\$45 per treatment, + \$10 first appointment fee. Pay what you can afford, no questions/concessions asked.

Witnessing this model flourish in the US and the UK, both believe this concept will be a good fit for Melbourne.

Stephanie Bowen and Kerry Marshall are both Registered Acupuncturists with the Chinese Medicine Registration Board of Victoria and members of the Australian

Natural Therapies Association. Stephanie originally hails from US and graduated in 2005 with a Masters Degree in Traditional Chinese Medicine from Emperors College of Traditional Chinese Medicine in California. After five years of busy practice in Los Angeles, she is extremely happy to make beautiful Melbourne home. Kerry also graduated in 2005 from the Integrated College of Chinese Medicine in London, and after 5 years of acupuncture clinical experience abroad, is happy to be back home and practicing. Contact details and website information will be available on our website soon.

Iridology with Jacqui Fee

Reminder: We want to hear about your favourite therapist

We are compiling a comprehensive guide to therapists in the CBD and inner city suburbs for our clients. If you have a therapist that you want to share with us, please let us know his or her name, addresss and phone number. Our focus is on people who do bodywork of all kinds, dieticians, nutritionists, naturopaths etc. Please [send](#) me the details and a note explaining why this person is a favourite of yours.

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.

Please feel free to pass on your feedback, suggestions and comments.

Regards

Lindsay van Niekerk

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