

Share This: STUDIO CIRQ
Newsletter

Dear [member_name_first]

Courses & Workshops starting in March

Meditation Workshop Series

Meditation is one of those things many of us have on our *to do* list. Someone wiser than me advises that instead of learning because you *should*, try it because you want to discover your own innate capacity for those good things like love, clarity and inner peace. From this more heartfelt motivation, you are more likely to find a way to practice regularly and benefit and learn from the experience.

There is no right way to meditate but we can equip you with a number of approaches that will take you closer to a sense of wholeness and freedom. These workshops can be attended as a one off or as the full series:

Finding Your Own Peace Within. Saturday 5 March. 2.30 - 5pm. \$75. [Book](#)

Serenity as a State of Mind. Saturday 2 April. 2.30 - 5pm. \$75. [Book](#)

Developing Compassion and Loving Kindness. Saturday 7 May. 2.30 - 5pm. \$75. [Book](#)

Vijnana Yoga for Beginners

For more information on Vijnana yoga please go to [Antonia Pont's website](#)
Tuesday 7.30 - 9pm. 8 March - 31 May. 12 weeks. Fee \$240 [Book/enquire](#)

Vijnana Yoga Level 1

Thursday 7.30 - 9pm. 10 March - 2 June. 12 weeks. Fee \$240 [Book/enquire](#)

Ashtanga Yoga for Beginners

Tuesday 6.30 - 7.45pm. 5 April - 14 June. 10 weeks. Fee \$220. [Book](#)

Pilates for Beginners

Thursday 7 - 8pm. 31 March - 19 May. 8 weeks. Fee \$175. [Book](#)

Monday 6.15 - 7.15pm. 4 April - 30 May. 8 weeks. Fee \$175. [Book](#)

Dynamic Yoga for Beginners

Wednesday 7 - 8pm. 6 April - 25 May. 8 weeks. Fee \$175. [Book](#)

Ashtanga Yoga Mysore Style Workshop with Peter Sanson

Peter 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 & Wellness Retreat in Bali

Jenni Juokslahti will lead a yoga retreat in Bali for all levels that will feature daily yoga classes, pranayama, vipassana meditation, technique workshops and wellness treatments.

31 May - 6 June. Early bird fee (booking before 25/3) \$1025 twin share or \$1195 single. Fees include classes, accommodation, all meals and transfer from airport.

[Bookings/enquiries](#)

New Class Pass

A pass for very regular (3 + classes per week) clients is now available that is for unlimited access to our casual classes. The rate is \$130 per 4 weeks for a minimum of 12 weeks. Payments after the initial fee are made by direct debit.

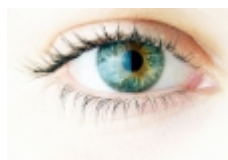
Casual passes for sale

I have two passes that were purchased by a client who can no longer use them:

6 classes valid till 24 June for \$88

10 classes valid till 24 June for \$140

Please contact me if you would like to purchase either or both.



Iridology at Studio Cirq

The iris is considered an image or mirror of the body. It's unique markings, texture and pattern correspond to the internal organs and structure of the body. It is also an indication of your individual constitutional tendencies towards health and disease.

A short consultation provides you with a wealth of useful information about your body's function as well as the level of functioning of your tissues, cells, metabolic systems and organs. Equipped with this knowledge you can optimise your health naturally, or find holistic health solutions to your health complaint/s.

We welcome back naturopath [Jacqui Fee](#) to Studio Cirq. Over the years she has presented numerous talks and presentations on health and wellness and we are delighted to have her back from maternity leave.

Jacqui will be available for 15 minute appointments on Wednesday 23 and 30 March between 9.30am - 12.30pm. [Booking is simple](#). The cost for consultation is \$20.

Changes to the next timetable for 4 April - 1 October 2011

Ashtanga Yoga Led Classes

From April we will move the second evening Led Practice class to a Thursday evening. This is what we are considering:

Monday 6.30pm Ashtanga Led Practice

Tuesday 6.30pm Ashtanga Yoga Beginners Course

Thursday 6pm Ashtanga Yoga Led Practice

We will discuss this at class as well so that we get your feedback. The reason for this is that instead of having the only two classes over consecutive nights, there will be a two day space between classes.

Bolsters and Pilates Circles for Sale

In stock now are:

Foam bolsters which are a very useful tool for rolling out tired, sore or tight muscles. We include a PDF guide with every purchase. \$66 each

Pilates Circles are \$55 each.

Teacher News

Congratulations to Carolyn Diaz and Colin Azzopardi who will marry in Byron Bay in March. Carolyn is a much respected Pilates teacher who has been at Studio Cirq since we opened in 2002. They are a gorgeous couple and head off to BB with our every good wish.

Cara Fairbanks is about to go on maternity leave and I'd like to thank her for her wonderful teaching over the last year. Cara has managed to squeeze in teaching a class with her other life as a lawyer. The pace of life is about to change for her and we send her our warmest wishes and thanks.

Rena Campbell Pope will take over Wednesday morning Pilates from mid-March. Rena has an advanced diploma in dance from the Royal Ballet School and WAPA in WA. She has taught dance and has been involved in Pilates since the early days of the 90s. She is doing her masters in Occupational Therapy while teaching Pilates.

You will be able to read more about teachers Kristy Pilcher and Camilla Allen on the bulletin board in the Studio.

Pilates teacher Joao Oliveira is organising Melbourne's own Brazillian street carnival from 5pm on Friday 25 February at Shed 4, Docklands. Expect plenty of great music, dancing, films and food. Entry is \$5 or \$10 if you don't look like Carmen Miranda.

Finally we have added four new books to our library from the excellent Yoga Mat Companion series by Ray Long:

Vinyasa Flow Standing Poses

Hip Openers Forward Bends

Backbends Twist

Arm Balances Inversions

See you at the Studio!

Lindsay van Niekerk

Level 1, 19 Meyers Place, Melbourne 3000 Tel 9654 9994
www.studiocirq.com.au

This email was sent to .

To ensure that you continue receiving our emails, please add us to your address book or safe list.

[manage](#) your preferences | [opt out](#) using **TrueRemove**®

Got this as a forward? [Sign up](#) to receive our future emails.

