

Share This: STUDIO CIRQ
Newsletter

Dear [member_name_first]

Courses and workshops starting May/June

Teacher news

Timetable news

Tell us about your favourite therapist in the city or inner suburbs

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.

Ashtanga Yoga: Intro to Mysore Style Practice

First class 2 - 4pm Saturday 7 May, followed by 8 classes over 4 weeks

Monday + Thursday 7am - 8am.

4 weeks. Fee \$165

Teacher Karyn Grenfell. [Book](#)**Meditation Workshop Developing Compassion and Loving Kindness (read more about the theme below)**

Saturday 7 May - 2.30 pm - 5pm

Fee: \$75

Teacher Dharma Daws. [Book](#)**Power Pilates (Advanced Classical style)**

Tuesday 6.15 - 7.15pm

24 May - 12 July (8 weeks)

Teacher: Carolyn Diaz

Fee: \$175. [Book](#)

Pilates for Beginners
Thursday 7 - 8pm
26 May - 30 June (6 weeks)
Teacher: Joao Oliveira
Fee: \$132
[Book](#)

Dynamic Yoga for Beginners
Wednesday 7 - 8pm
1 June - 20 July (8 weeks)
Teacher: Jasmine Johnston
Fee: \$175
[Book](#)

Pilates for Beginners
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 (please note this course was originally scheduled for Tues)
2 July - 20 August (8 weeks)
Teacher: Amanda Ferris
Fee: \$175
[Book](#)

MEDITATION WORKSHOP 7 MAY: DEVELOPING COMPASSION AND LOVING KINDNESS

The theme of compassion and loving kindness originates in the classic buddhist tradition. Its a wonderful way to look beyond your immediate concerns and extend love to those that share this world with us. The expression of compassion leads to feelings of upliftment and joy. Typically this meditation is divided into three parts, each part giving blessings to a selected person or group. The workshop is suitable for beginners and experienced meditators.

7 May 2.30 – 5pm. Teacher Dharma Daws. Fee \$75. [Book](#)

TEACHER NEWS

Welcome back Njala Sankhulani who takes over the Ashtanga Led Class on Thursdays at 6pm. Njala has been on a long break getting over an injury and we are thrilled to have him back.

Yoga teacher Fred Fouche is off to Europe from 9 May for 4 months where she has a busy summer dancing with a French performance troupe. She will be back in August/September.

Jenni Juokslahti final Tuesday night class is on 17 May. She heads off to Bali on

23 May and is back 17 June.

Victoria English will teach Monday evening Ashtanga Yoga Led Class

Taking over Jenni's Tuesday 5.30pm and Fred's Wednesday 12.50pm is Jennifer Crescenzo, recently arrived from the US. Jennifer is certified in Yin Yoga and teaches a vinyasa style class inspired by Shiva Rea. I am so delighted to have a teacher of her calibre working here, taking over two very important classes. There will be more on Jennifer on our website in the next few days.

Congratulations to Cara Fairbanks who delivered Archie William Branson into the world on 12 April. Cara taught here right until her final weeks and we hope she will be back in the next year or so.

TIMETABLE NEWS

A new timetable will come out from 4 July. Here are some of the changes I have in mind:

6.30pm Dynamic Yoga Tuesday

5pm + 6pm Mat Pilates Thursday

7pm Dynamic Yoga class Thursdays

Please let me know what you think and if you have suggestions/preferences or requests for classes

DO YOU HAVE A 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, address and phone number. We are focussing 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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