

Share This: STUDIO CIRQ
Newsletter

Dear [member_name_first]

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October class pass offer

We're in the downward (or upward) roll to the end of the year, and for the final quarter we have a special pass that will take you through to Christmas: 20 classes to Christmas pass is valid from now until 15 December and will act as an incentive to keep you motivated. The pass costs \$175 which makes it even sweeter!

Terms and conditions: For use at all casual classes on the timetable. Passes are valid until 15 December 2011. The pass cannot be shared between users. Strictly no extensions, transfers or refunds No exchanges with current passes.

Acupuncture bonus with every pass purchased in October

Everyone who buys a class pass in October will receive a bonus offer from The Accupuncture Studio. Read more about their services later in this bulletin.

Corporate group rates

Do you work at an organisation that could benefit from one of our corporate deals? We offer an excellent group rate for our class passes and will work with your human resources staff to get best deal for your colleagues. Please [contact me](#) for more information

New Timetable for October - December

A new look timetable comes into effect from 17 October. Included in the new timetable are all the classes on our current timetable, plus:

Dynamic Yoga on Wednesdays 7.15 - 8.15am with Julia Jones

Mat Pilates on Fridays 7.30 - 8.30am with Cara Fairbanks

Our new **suspension Pilates** equipment will be ready for integration into most of the General/Intermediate and Intermediate level classes.

The studio will close for Christmas from Friday 16 December and re-open Monday 9 January 2012

Saturday Pilates classes

Please note there will be no 11am Pilates classes on the following dates:

Saturday 8 October

Saturday 5 November

Saturday 19 November

The Studio is booked for weekend workshops on these dates and unfortunately the 11am classes will be cancelled.

Courses for October - December

Vijnana Yoga for Beginners

Please note you can turn up tonight to try out a class. Drop in fee is \$20.

And if you want to join the course but can only start next week, your course fee will be pro-rata

8 week course

Tuesday 7.30 - 9pm

27 September - 15 November

Teacher: Antonia Pont

Fee: \$160/150

[Enquiries/bookings](#)

Pilates for Beginners (final course for the year)

8 week course

Monday 6.15 - 7.15pm

3 October - 28 November (no class 31 October)

Teacher: Kristy Pilcher

Fee: \$175

[Book now](#)

Ashtanga Yoga for Beginners

8 week course

Tuesday 6 - 7.15pm

18 October - 13 December

Teacher: Victoria English

Fee: \$190

[Book now](#)

Ashtanga Yoga for Beginners

8 week course

Saturday 2.30 - 4pm

29 October - 17 December

Teacher: Amanda Ferris

Fee: \$190

[Book now](#)

Teacher News

Great news - we welcome back **Fred Fouche** from 5 months in Europe and **Cara Fairbanks** from nine months maternity leave.

Fred will teach the 12.50pm Dynamic Yoga class from Tuesday 4 October.

Bienvenue à nouveau Fred - we have missed you.

Cara is back teaching the 7.30am Mat Pilates class from Friday 21 October and I know many of her students from 2010 will be delighted to resume classes with her.

Other teacher news in brief:

Jenni Juokslahti is headed back to Bali in October to lead another yoga retreat. Victoria English and Camilla Allen will replace Jenni for the three weeks she is away.

Jennifer Crescenzo is off mid October to Hawaii for a yoga retreat then on to Bali. She will be back at the end of October.

Brownwyn Meyrick is headed to the USA to do a retreat with Doug Swenson and do some surfing in Puerto Rico and will be back mid November. Camilla Allen will step in to take Brownwyn's Thursday class.

Jasmine Johnston is off to Germany for three weeks mid October - her classes will be led by Christy Champoise.

Karyn Grenfell is going to Mysore, India to practice with Sharath her teacher and will be away for 5 weeks from mid-October

Shiatsu Treatments with Tomoko Yamasaki

Also returning after a long absence is Tomoko Yamasaki who has been in Japan since November last year. Tomoko will be back from 21 October giving her legendary Shiatsu treatments on Friday afternoons here at the Studio. To book please [email](#) or call her on 0412 490 943. *This phone number may not work yet so please try from 17 October*

Briefly:

Free talk about the FISU meditation system

You are invited to a free introductory talk about the [FISU meditation system](#) at Studio Cirq. No need to book. If you'd like to enquire beforehand please call Nikolas on 0422 198 411.

Date: Wednesday 28 September at 7.30pm

Australian Meditation Conference 2011

The fourth annual meditation conference brings together an inspiring group of teachers and thinkers from Australia and abroad. It's held at RMIT Storey Hall on Saturday 8 October and there are two additional workshops on Friday 7 and

Sunday 9 October. www.australianmeditationconference.com.au

The Acupuncture Studio Melbourne

It is well known that yoga and acupuncture are a great combination when it comes to maintaining good health, overall balance and keeping the body free of pain.

In this spirit Kerry and Stephanie from The Acupuncture Studio Melbourne are offering \$10 off the initial treatment for the month of October to anyone purchasing a class pass. We treat a wide variety of ailments so please come talk to us and see if we can help. Be a part of this new healing experience!

[The Acupuncture Studio](#) operates from Studio Cirq every Tuesday and Thursday 9.30am - 12.30pm

Yi Gong seminar with Sifu Jenny Lamb

[Sifu Jenny Lamb](#), the internationally renowned teacher of Yi Gong will be in Melbourne to teach a two day seminar on the internal and healing arts. Her combination of knowledge, skill and teaching ability is unique and her motivational techniques enable her students to surpass their greatest expectations. This is a very rare opportunity to experience the teachings of a world master in Australia.

Date: 8 - 9 October . Please [email](#) for enquiries or bookings.

Thanks for all your good feedback and support.

Regards

Lindsay van Niekerk

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