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Newsletter

Dear [member_name_first]

Courses coming up:

Ashtanga Yoga for Beginners

8 week course

Saturday 2.30 - 4pm

3 September - 22 October

Teacher - Amanda Ferris

Fee: \$190

[Book now](#)**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: \$180

[Book now](#)**Ashtanga Yoga is back on Thursday evenings**

After a brief break, Ashtanga Led classes are back on Thursday evenings at 6pm with Bronwyn Meyrick.

Kinesiology balancing sessions

Your body has its own unique story to tell, and the subtle art of kinesiology delves into that deep history of the body via muscle-testing. It can reveal much about your physical and emotional self, and is a powerful means to healing. We are offering 15 minute mini-muscle tests at with kinesiologist Melissa Horne at Studio Cirq to introduce you to the healing power of kinesiology.

Date: Friday 25 September

Time: 9.30 - 12.30pm (15 minute appointments)

[Make an enquiry or booking](#)

Teacher news

Welcome to Christy Champoise, a new arrival from the lush forests of British Columbia, Canada, Christy has lived an active, healthy lifestyle including a regular yoga practice ever since discovering the wonder of Rodney Yee videos in her teen years. Along with her Diploma in Acupuncture, Christy plans to further her studies within the discipline of Neuroscience. Her classes aspire to build strength and balance while challenging the concept of composed dynamic movement.

Suspension Pilates

We're phasing in new equipment in the Pilates studio that will offer a fresh challenge for experienced students. The suspension strap equipment with handles for hands or feet is attached to the ceiling and allows for a range of upper and lower body core strength training exercises. You can exercise in every plane and direction using body weight and leverage to build greater strength in the deep abdominals. Classes will be run circuit style.

Jamie Power is a dad

This is long overdue - [Jamie Power and baby son Harlow](#) born 23 June this year. He is now living in the hinterland of Byron Bay and teaching at the glamorous Gaia Retreat and Spa where he tends to the needs of the rich and stressed. We miss him greatly!

Corporate classes at Studio Cirq

The Studio is available at midday for corporate group classes in yoga on Monday and Fridays. Its easy to set up a class for you and your work colleagues: we would require that you book a minimum of 8 consecutive weeks at the same time and on the same day each week. The rate per class is \$150 including GST and payment must be made at the start of the block booking. Please [contact](#) me for more information

New timetable is released 3 October

Timed to coincide with the start of daylight savings hours, our final timetable for the year comes out early October. Some minor adjustments will be made to the schedule so now is the time to [speak out](#) with your requests and suggestions

Amnesty on old unused passes

For the month of September only, if you have held on to an expired pass with unused classes, you can use it at any of our casual classes. So if you have an old one lying around, dust it off and come back to class!

It doesn't matter what vintage it is, and you can share it with a friend. This amnesty is strictly for the month of September and you must still have the actual pass. Please note that current passes cannot be suspended while you are using an old pass.

Acupuncture Studio Melbourne

Seasonal changes are about to become apparent as spring begins. All of this instability has a significant effect in our bodies. In springtime we see symptoms of hayfever and allergies, colds and skin conditions as wind/heat imbalances our health systems. A regular acupuncture treatment will help your body adjust to the new season and maintain optimal vitality.

The Acupuncture Studio Melbourne is operating at Studio Cirq on Tuesday and Thursday mornings from 9.30am - 12.20pm. Its simple to make an appointment and the rates are very affordable. Have a look at the website to see the terrific setup that allows for up to 7 patients to be treated

Look forward to treating you soon.

Kerry & Stephanie <http://www.theacupuncturestudio.com.au>

9 hour yogathon on 11 September

Atira Tan has organised a weeklong festival of yoga including a fundraiser marathon of yoga classes on 11 September from 9am - 6pm. The yogathon with nine teachers raises funds for the Art2Healing Project. For more information go to www.celebratingwoman.com.au

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

Thanks for your attention.

Regards

Lindsay van Niekerk

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