

Calm & Bendy

Happy Birthday
Singapore!

AUGUST 2011

The monthly newsletter of KPY

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August Strength



Get ready to tone up those biceps and strengthen your shoulders as KPY takes up the challenge to build your upper body strength – let's see where it leads us...

There is a lot going on this month, including class changes, so please take a moment to read on...

We are open on National Day, 9th of August.

What's New at KPY



A new face at KPY: We are delighted that Marian (pronounced mir-ee-in) has joined our KPY team of teachers. Marian fell in love with yoga when she first tried it upon moving to Singapore from Scotland and has never looked back! She trained under Don

Peers, who also has taught all your KPY teachers, as well as Jo Phee who a number of you know from our Yin Master Class last year.

Marian has a deep and abiding love for Vinyasa flow: intermediate and advanced students come along to Marion's class for a power flow, beginners:

allow Marian to gently introduce you to the beauty of flow yoga. However – don't take our word for it – join Marion's classes this month and find out for yourself.

It is time to escape...



It is time to explore...



...come to **Lombok** with KPY from the 22nd to the 26th of September. **One room left.**

NETS



KPY

We now have a **NETS** machine at the studio to make your life a little easier.

KPY is supporting **ANAD (the National Association of Anorexia Nervosa and Associated Disorders)** which is holding a support group for people with eating disorders. This will be a safe and nurturing session to learn more about eating disorders and to share your experiences. To find out more please visit: <http://anadsingapore.posterous.com>.

Special classes during August

New Class!! Lunchtime Power Hour

A 60-minute lunchtime power class to give you a great workout without taking up too much of your busy schedule.

Venue: Laguna Park Studio
Cost: Normal class fees apply
Time: 13.00 - 14.00
Doors open at 12:45
When: Every Tuesday



Yin Yoga

For anyone who can't get enough of Yin, in August every Friday morning class will be a Yin class. Transform your body and calm your mind, there is a Friday refuge awaiting you.

Every Tuesday: 17.15 - 18.45
Every Friday: 09.30 - 11.00
Other dates: Thurs 11th & Mon 29th

Meditation Class

Find out more about this remarkable practice that is proven to have significant benefits to both body and mind.

Venue: Laguna Park Studio
Cost: Normal class fees apply
Time: 08.30 - 09.30 **(Note new time)**
Date: Sunday, 14th August



Yoga in the Park

Start your day watching the sun spreading its rays; join us for an invigorating practice under the Rainbow Eucalyptus tree in Katong Park. We assure you there are no ants!

Venue: Katong Park (Fort Rd / Myer Rd) under the Rainbow Eucalyptus tree
Cost: Normal class fees apply
Time: 07.00 - 08.30
Date: Sunday 21st of August

Monthly Workshop: Shoulder Openers

Let us help you ease out the strain in those shoulders, suitable for all levels of experience.

Venue: Laguna Park Studio
Cost: \$30 or a stamp and \$10
Time: 10.00 to 12.00
Date: Sunday 28th of August



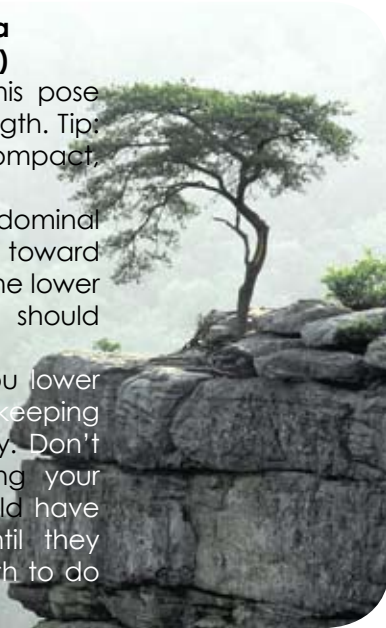
The Knowledge Tree

Chaturanga Dandasana (Four-Limbed Staff Pose)

Many people struggle with this pose that requires upper body strength. Tip: when you make your body compact, it is easier to do this pose.

Engage your legs, firm the abdominal muscles, move the tailbone toward the pubis so you do not arch the lower back. The shoulder blades should release down your back.

Keep this compactness as you lower your body close to the floor, keeping your elbows beside your body. Don't drop the head, keep moving your chest forward. Beginners should have their knees on the floor until they have built up sufficient strength to do Chaturanga with straight legs.



Late Notes:

- **T-Shirt Challenge:** We are still looking for designs. Please see the website for details of fame and glory.
- **Tea Change** - we are changing our tea recipe this month to the perennial favourite, Tranquillity Tea – it is soothing, refreshing and more!
- **A gentle reminder:** please note that packages cannot be extended. This is one of the very few strict rules we have at KPY. Please save our blushes by not asking.

KPY Boutique



SPECIAL OFFER: SHOULDER OPENING KIT

Block and belt combo + 1 headband (whew – you may need it!), u.p. \$32 special offer: \$26.



**YogiToes Tote Bags
and Skidless Towels
are in stock.**

REGULAR ITEMS

YogiToes

- Shiva Neck Pillow \$35
- Skidless Mat \$90 or 2 for \$160
- Skidless Mat Small \$35
- Tote Bag \$90
- Headbands \$6 or 3 for \$15

Buckwheat Pillows

- Large: \$70
- Medium: \$60
- Child: \$18

Fuzzy Flex

- Carry Sling \$18
- Yoga Mat \$40
- Yoga Mat Carry Bag... \$30

Other Brands

- Meditat' Cushion \$45
- Yoga Block \$13
- Yoga Belt \$13
- KPY Umbrella \$8
- Hairbands \$2
- Gift Card (x1) \$21
- Gift Cards (x3) \$63

Investments in your health and happiness at KPY

Single class	\$21	(per class)
Pack of 10 classes (Silver)	\$180	(\$18.00 per class, valid 4 months)
Pack of 30 classes (Gold)	\$440	(\$14.66 per class, valid 12 months)
Month End Workshop	\$30	(or 1 stamp + \$10)

	First Session	Second Session	Third Session
Monday	9.30 - 11.00	-	19.30 - 21.00
Tuesday	13.00 - 14.00	17.15 - 18.45	19.30 - 21.00
Wednesday	9.30 - 11.00	-	19.30 - 21.00
Thursday	9.30 - 11.00	-	19.30 - 21.00
Friday	9.30 - 11.00	-	-
Saturday	9.00 - 10.30	11.15 - 12.45	-
Sunday	10.00 - 11.30	-	-

August Class Schedule

Date	First Session		Second Session		Third Session	
	Class Type	Teacher	Class Type	Teacher	Class Type	Teacher
Monday 01	Mixed	Kate			Adv Beginner	Kate
Tuesday 02	Power Hour	Kate	Yin	Donna	Beginner	Kate
Wednesday 03	Beginner	Germin			Mixed	Kate
Thursday 04	General	Kate			Beginner	Germin
Friday 05	Yin	Kate				
Saturday 06	Mixed	Gemrin	Beginner	Donna		
Sunday 07	Yoga Fury	Kate				
Monday 08	Mixed	Kate			Adv Beginner	Kate
Tuesday 09	Power Hour	Donna	Yin	Donna	Beginner	Kate
Wednesday 10	Beginner	Germin			Mixed	Kate
Thursday 11	Yin	Kate			Yin	Germin
Friday 12	Yin	Donna				
Saturday 13	Mixed	Gemrin	Beginner	Donna		
Sunday 14	Mixed	Donna	Meditation	Kate (8.30)		
Monday 15	Mixed	Kate			Adv Beginner	Kate
Tuesday 16	Power Hour	Kate	Yin	Kate	Beginner	Ashley
Wednesday 17	Beginner	Kate			Mixed	Kate
Thursday 18	Mixed	Marian			Beginner	Kate
Friday 19	Yin	Donna				
Saturday 20	Mixed	Germin	Beginner	Donna		
Sunday 21	Mixed	Donna	Park Yoga	Kate (7.00)		
Monday 22	Mixed	Kate			Adv Beginner	Kate
Tuesday 23	Power Hour	Donna	Yin	Kate	Beginner	Jo
Wednesday 24	Beginner	Kate			Mixed	Kate
Thursday 25	General	Marian			Beginner	Kate
Friday 26	Yin	Kate				
Saturday 27	Mixed	Germin	Beginner	Donna		
Sunday 28	Workshop	Kate				
Monday 29	Yin	Kate			Yin	Kate
Tuesday 30	Power Hour	Donna	Yin	Donna	Beginner	Jo
Wednesday 31	Beginner	Germin			Mixed	Kate

Class Definitions

- **Advanced Beginners** are for beginners wanting more of a challenging class.
- **Beginners classes** are for complete novices or those seeking a lighter workout.
- **General classes** are for intermediate to advanced students.
- **Mixed classes** are suitable for all levels from experienced beginners to advanced students.
- **Power Hour:** is a 60-minute class which will give you a great workout that can be fitted into your busy schedule
- **Spotlight classes** are normal classes but with focus on an aspect with greater interaction to aid learning
- **Workshops** are for anyone wanting to learn why and not just how.
- **Yin classes** involve deep stretches, which open the body and work the internal organs.
- **Yoga Fury** is a 75-minute, fast-paced vinyasa flow and is NOT suitable for those with injuries or novices.

Note some new timetable changes from Aug