

Calm & Bendy

A MuseLetter from KPY

February 2012

The Heart of the Matter



It's February and that means one thing at KPY: L-O-V-E! In connection with all things of the heart, this month we focus on just that: heart-opening. How can you be more open, compassionate and loving? We'll explore that age-old question in our classes this month with a focus on back-bends, which are essentially, "heart-openers".

Kate's baby ('Squib') is due in mid-March and Kate, being less able to demonstrate poses, will be teaching less. Kate will be teaching a **Friday Night Special Class** at the end of the month – do come along it will be great fun! Otherwise she will stop teaching at the end of February but will be back as soon as possible.

Wade into the great debate of whether Squib is a boy or girl, cast your vote in reception!

12 Days of Transformation

Back by popular demand (and post-Chinese New Year feasting) we have a body changing challenge for you.

If you missed out on our first ever "8 Days to Enlightenment" Detox challenge in January, don't despair. Beginning 11 February we are offering another opportunity to get healthier. Sign up today for our "12 Days towards Transformation", details are below.

Save the date:

Yin & Chinese Meridians



Mark your diary now so you don't miss out on a very special **Spotlight class on 18 March**. Jo Phee, a highly certified and experienced yin yoga teacher will conduct a very comprehensive workshop exploring

Yin Yoga and Chinese Meridians. If you love the intricacies of Yin, and want to know more about the mysteries of the meridians, this special class is for you.

Congratulations: Detox Challenge Winners

So well done to all those who participated in the January Detox Challenge, an outstanding achievement! Prizes (in addition to feeling lighter and brighter) are awarded to:

Alyson Rees, Courtney Carlson & Hanna Safdar

What's a Texan Gal Doin' on the East Coast?

Some of you may not be aware that way back in 2011, **Donna** became our **Special Operations Manager**, adding to her teaching responsibilities at KPY. Not only is she sourcing and managing "Kate's Closet", she's also assisting us behind the scenes planning other events, writing for the *Calm & Bendy* (A Museletter) and in general just making us laugh. Should you need help or advice don't hesitate to speak to Donna, along with Kate and your Yoga Angel, she is here to support and help you.



Donna teaches regularly on Tuesdays, Wednesdays, Fridays, Saturdays and Sundays but sneaks in on numerous other occasions. If you are wanting to develop your core strength, Donna's classes are for you. If it's pink, purple or sparkly at KPY, you should know, Donna probably had something to do with it!

12

days to Transformation



If you missed out on our first ever "8 Days to Enlightenment" Detox Challenge in January, don't despair. Beginning 11 February we are offering another opportunity to get healthier. Sign up today for our "12 Days to Transformation".

What a way to start off the Year of the Dragon! Simply attend 8 yoga classes in a 12-day period, follow along with the daily encouragement emails we'll send and at the end, you'll be eligible for prizes, fame and glory.

Because we ❤️ you this Valentine's

We are offering 10% off all Zobha stock in Kate's Closet for February. Our stocks are limited. We open the studio door 30 minutes before the start of classes so feel free to come round early to try on these stunning items.

The Knowledge Tree



Yoga and Menstruation

Many of our female students are concerned about practicing yoga during their menstrual cycle. There are as many opinions about this as there are yoga poses, but generally speaking, a little bit of yoga even on the first few days of a menstrual cycle is absolutely beneficial.

Hip openers and gentle twists are especially good for easing low back pain, cramping, and bloating. A bit of focused meditation and pranayama also can do wonders for pre-menstrual and during menstrual feelings of malaise. Of course we do advise using common sense and paying attention to your own intuition. If you happen to attend a class in which inversions are being instructed, and you do not feel it is appropriate for you, feel free to discreetly mention this to your instructor.

There is no reason to miss out on the rest of a great class during menstruation—don't let the fear of inversions keep you from your yoga.

New Classes! Restoring the Weekend

We are introducing two Restorative classes: **Saturdays at 12.30 and Sundays at 16.30.** These Restorative classes are more energetic than Yin but more energising rather than exhausting.

They will focus on poses which invigorate your immune system, stretch out the aches and pains of the week and increase circulation throughout your body. Attending these classes, either on their own or in conjunction with another class, will set you up to face you week ahead feeling stronger, calmer and, of course, more bendy!

Tea-rific Tea

Starting in February we rotate to our delicious 1 Degree North tea.

Hints of ginger and nutmeg and tones of orange make this tea one of our most popular. Enjoy!



Every month at KPY we have some special classes going on - special sessions, meditation, and more. Use the next two pages to plan your month.



Workshop: Meditation with Jo

The awakening of intelligence - making one's daily existence a meditation.

Meditation will fundamentally change the relationship you have with your self, undoubtedly the most important relationship in life. Meditation allows you to step outside of your mind and observe negative, habitual and mechanical thought processes that limit and prevent you from reaching your full potential. When you change your consciousness, the consciousness of humanity is affected.

We will touch upon:

- How the mind works and how to really look at one's self - without denial or distraction or coming to any conclusions.
- Embracing the good, the bad and the ugly – evenness of mind.
- Is it possible to break free from one's conditioning or the conditioning of society?
- Seated, walking meditation, visualisation and sounds to calm.

When:	Sunday 26th
Where:	Laguna Park Studio
Time:	09.30 to 11.30
Cost:	1 Stamp & \$15 or \$35

Weekly Sunday Meditation Schedule:	5th:	Vipassana meditation
	12th:	Tratark (this time using the dot!)
	19th:	Vipassana Meditation
	26th:	Workshop

Friday Night Special with Kate

Join Kate for one of her last classes before she takes a maternity break from teaching. She will be teaching a Friday Night Special! A fun-filled class followed by a glass of vino and nibbles. Yoga in true KPY style.

When:	Friday, 24th
Where:	Laguna Park Studio
Time:	19.00 to 20.30
Cost:	Normal class fees apply



Restorative Classes

These Restorative classes are more energetic than Yin but more energising rather than exhausting. They will focus on poses which invigorate your immune system, stretch out the aches and pains of the week and increase circulation throughout your body.

When:	Saturdays & Sundays
Where:	Laguna Park Studio
Time:	Sat 12.30 to 13.30 & Sun 16.30 to 18.00
Cost:	Normal class fees apply
Suitable:	For everyone



KPY Supports the Singapore Slingers Basketball.

The KPY team enjoyed a fantastic outing to the opening basketball game of the season supporting the Singapore Slingers. If you are looking for a really fun way to spend a few hours (great for all the family) – even if you don't know much about basketball, we highly recommend you go along to a game. For more information visiting www.singaporeslingers.com or book tickets via SISTIC (category 3,4, 5) or for category 1 tickets and VIP Hospitality email tickets@singaporeslingers.com.



Thank you Slingers & Good Luck!

See the weekly schedule from a different angle

If you want to work out which classes you should be attending, look at the easy planner below. The full schedule is on the back page.

Beginners

(Yin & Restorative classes are also suitable for beginners)

Monday 19:00	Tuesday 09.30 & 19.30
Wednesday 09:30	Thursday 09.00 & 19.30
Saturday 11:00 & 12.30 (New)	Sunday 16.30 (New)

Advanced Beginners and Intermediate Classes

(for experienced beginners to advanced students)

Monday 09.30 & 19.30	
Wednesday 07.00 & 19.30	Thursday 09.30 & 20.00
Friday 12.30	Saturday 09.00 & 10.00 & 12.30 (New)
Sunday 10.00 & 16.30 (New)	

Yin Classes

(also suitable for beginners, pregnant women and those with injuries)

Tuesday 17.30	Wednesday: 20.00
Friday 09.30	Sunday: 10.30
Tuesday Yin Themes for the month (17.30)	
Feb 7th: Chest & heart openers	Feb 14th: Shoulders & upper back
Feb 21st: Digestive system	Feb 28th: Hips (oooh)

Class Definitions:

- ◆ **Beginner classes** are for complete novices or those seeking a lighter workout, you can join these classes regardless of your level of fitness or experience. More time is spent on how poses are done and on how to activate the body.
- ◆ **Advanced Beginner classes** are for experienced beginners wanting more of a challenging class (some yoga experience is assumed), these classes give more of a strength and cardio workout.
- ◆ **Intermediate classes** are suitable for intermediate to advanced students, these are the strongest classes we offer so be prepared to work up quite a sweat!
- ◆ **Yin classes** involve deep stretches which open the body and work the internal organs, suitable for all levels and excellent for anyone wanting to improve their flexibility. Yin classes are more calming and are less strenuous than other classes which also make them perfect for those with special conditions such as injuries.
- ◆ **Spotlight Classes** are normal classes but with specific focus on one aspect of yoga with greater student / teacher interaction.
- ◆ **Workshops** are for anyone wanting to learn why and not just how. Two hours long, these classes take an in-depth look at various aspects of yoga.

What's in stock this month?

Valentines Special: 10% off all Zobha stock during February, stocks are limited. For Valentines cards with a difference do have a look at our lovely range of hand-crafted cards (available only at KPY, unique – just like you!).



Thai Sure Designs: A Kate's Closet exclusive! KPY is the only yoga studio vendor in Singapore carrying Sure Designs. Pairing edgy designs by Bangkok artists with comfy crinkly cotton, you'll be "Sure" to catch envious glances when you're wearing one of these funky and fun tank dresses, tees or tank tops.



Maresa: Locally designed and hand crafted jewellery line. These unique and limited edition pieces cannot be found anywhere else in the world! Featuring interesting textures and colours, made

with crystals and semi-precious stones, these stunning pieces are not only beautiful but are also, in true KPY style, affordable.



Circle Source natural papers and paper products are inspired by the philosophy of: Nature Demands Nature.

This company, based in Chiang Mai, creates a range of fine papers with unique designs and textures.

Their range of greeting cards is designed by local Thai artists and use a wide variety of materials to create unique and beautiful cards.



"Zobha" a Sanskrit word meaning "grace, beauty and

brilliance" completely epitomizes this high fashion, high performance yoga and fitness apparel. Our selection encompasses styles and sizes to fit every yogi, (whether you are normal-sized or not). Zobha will have you looking great both on and off the mat. Tops, Capri's and full length trousers all available in assorted styles, colors and sizes.



Papaya: Iconic, one of kind accessories—only available at Kate's Closet Boutique. Eco-friendly tote bags, accessory pouches, luggage tags and water bottles all embellished in whimsical retro cum trend-setting designs.

Urban boho chic meets art as inspiration: like no other, you simply have to see them!



Thai textile designer **Wree** creates a stunning range of 100% cotton, hand-made bags. Pure, bright colours

coupled with practical design makes for bags which are not only useful, but are a fashion statement in themselves!



Everyday items every yogi needs

Kate's Closet stocks a range of yoga essentials such as yoga mats, mat carry bags, blocks, belts. If we don't have something you are looking for, please let us know and we will do all we can to help!

We have new Fuzzy Flex Stock

Yippee – new stock! We have new stock of FuzzyFlex Skidless mats, ecoFlex Yoga Mats, as well as blocks and belts in funky new colours!

The Gift of Yoga?



Consider giving a friend or loved one a gift that gives for a lifetime: introduce them to yoga with a KPY Class Gift Card; ask at reception for more details.

YogiToes

- Shiva Neck Pillow\$35
- Skidless Mat.....\$80 or 2 for \$150
- Skidless Mat Small.....\$35
- Tote Bag\$90
- Headbands.....\$6 or 3 for \$15



Buckwheat Pillows

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



Fuzzy Flex

- Skidless.....\$55
- EcoFlex Yoga Mat\$50
- Yoga Mat Carry Bag...\$30
- Block\$15
- Belt\$15



Other Brands & KPY

- Meditat' Cushion\$45
- Yoga Block.....\$13
- Yoga Belt\$13
- KPY Umbrella.....\$8
- Hair Bands\$2
- Gift Card (x1)\$23
- Gift Cards (x3).....\$69ft Vouchers
\$10 / \$25 / \$100



You can order online or buy direct at the studio.

www.KatePorterYoga.com

Investments in your health and happiness at KPY

- Single class \$23 (per class)
- Pack of 10 classes (Silver) \$200 (\$20.00 per class, valid 4 months)
- Pack of 30 classes (Gold) \$490 (\$16.33 per class, valid 12 months)
- Pack of 50 classes (Platinum)\$740 (\$14.80 per class, valid 14 months)
- Workshops \$35 (or 1 stamp + \$15)

Stay in touch:

-  facebook.com/KatePorterYoga
-  twitter.com/KatePorterYoga

Weekly Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00			Adv Beginner (60 mins)				
9:00				Beginner (90 mins)		Intermediate (90 mins)	Meditation (60 mins)
9:30	Adv Beginner (90 mins)	Beginner (90 mins)	Beginner (90 mins)	Intermediate (90 mins)	Yin (90 mins)		
10:00						Adv Beginner (90 mins)	Adv Beginner (90 mins)
10:30							Yin (90 mins)
11:00						Beginner (90 mins)	
12:30					Adv Beginner (60 mins)	Restorative (60 mins)	
16.30							Restorative (90 mins)
17:30		Yin (90 mins)					
19:00	Beginner (90 mins)						
19:30	Adv Beginner (90 mins)	Beginner (90 mins)	Adv Beginner (90 mins)	Beginner (90 mins)			
20:00			Yin (75 mins)	Vinyasa Flow (75 mins)			

February Class Schedule Detailed

Date	Class/Time	Teacher	Class/Time	Teacher	Class/Time	Teacher	Class/Time	Teacher
Wed 01	Adv Beginner 07.00	Marian	Beginner 09.30	Germin	Adv Beginner 19.30	Kate	Yin 20.00	Jo
Thu 02	Beginner 09.00	Germin	Intermediate 09.30	Kate	Beginner 19.30	Karen	Vinyasa Flow 20.00	Marian
Fri 03	Yin 09.30	Jo	Adv Beginner 12.30	Jo				
Sat 04	Intermediate 09.00	Germin	Adv Beginner 10.00	Donna	Beginner 11.00	Kate	Restorative 12.30	Donna
Sun 05	Meditation 09.00	Jo	Adv Beginner 10.00	Donna	Yin 10.30	Jo	Restorative 16.30	Kate
Mon 06	Adv Beginner 09.30	Kate	Beginner 19.00	Donna	Adv Beginner 19.30	Kate		
Tue 07	Beginner 09.30	Donna			Yin 17.30	Jo	Beginner 19.30	Jo
Wed 08	Adv Beginner 07.00	Marian	Beginner 09.30	Germin	Adv Beginner 19.30	Donna	Yin 20.00	Jo
Thu 09	Beginner 09.00	Germin	Intermediate 09.30	Kate	Beginner 19.30	Karen	Vinyasa Flow 20.00	Marian
Fri 10	Yin 09.30	Jo	Adv Beginner 12.30	Donna				
Sat 11	Intermediate 09.00	Germin	Adv Beginner 10.00	Donna	Beginner 11.00	Karen	Restorative 12.30	Donna
Sun 12	Meditation 09.00	Jo	Adv Beginner 10.00	Donna	Yin 10.30	Jo	Restorative 16.30	Kate
Mon 13	Adv Beginner 09.30	Kate	Beginner 19.00	Karen	Adv Beginner 19.30	Kate		
Tue 14	Beginner 09.30	Donna			Yin 17.30	Jo	Beginner 19.30	Jo
Wed 15	Adv Beginner 07.00	Marian	Beginner 09.30	Germin	Adv Beginner 19.30	Donna	Yin 20.00	Jo
Thu 16	Beginner 09.00	Germin	Intermediate 09.30	Kate	Beginner 19.30	Karen	Vinyasa Flow 20.00	Marian
Fri 17	Yin 09.30	Jo	Adv Beginner 12.30	Donna				
Sat 18	Intermediate 09.00	Germin	Adv Beginner 10.00	Donna	Beginner 11.00	Zoe	Restorative 12.30	Karen
Sun 19	Meditation 09.00	Jo	Adv Beginner 10.00	Kate	Yin 10.30	Jo	Restorative 16.30	Karen
Mon 20	Adv Beginner 09.30	Kate	Beginner 19.00	Karen	Adv Beginner 19.30	Donna		
Tue 21	Beginner 09.30	Donna			Yin 17.30	Jo	Beginner 19.30	Jo
Wed 22	Adv Beginner 07.00	Marian	Beginner 09.30	Germin	Adv Beginner 19.30	Donna	Yin 20.00	Jo
Thu 23	Beginner 09.00	Germin	Intermediate 09.30	Kate	Beginner 19.30	Karen	Vinyasa Flow 20.00	Marian
Fri 24	Yin 09.30	Jo	Adv Beginner 12.30	Jo	Friday Night Special!	Kate		
Sat 25	Intermediate 09.00	Germin	Adv Beginner 10.00	Marian	Beginner 11.00	Zoe	Restorative 12.30	Karen
Sun 26	Meditation Workshop	Jo	Yin 10.30	Kate			Restorative 16.30	Karen
Mon 27	Adv Beginner 09.30	Kate	Beginner 19.00	Karen	Adv Beginner 19.30	Donna		
Tue 28	Beginner 09.30	Donna			Yin 17.30	Jo	Beginner 19.30	Jo
Wed 29	Adv Beginner 07.00	Marian	Beginner 09.30	Germin	Adv Beginner 19.30	Donna	Yin 20.00	Jo