

# Calm & Bendy

The monthly newsletter of KPY

JANUARY 2011

## In this issue:

Theme of the month.....	1
What's new at KPY.....	1
Yin class dates.....	1
Yoga at the beach.....	2
The Knowledge Tree: Hatha.....	2
January workshop: Meditation...	2
Yoga Holidays.....	3
KPY Boutique.....	3
January teaching schedule.....	4
Weekly class timetable.....	4

## Undoing the Damage

A very happy New Year to you all! May 2011 be filled with much laughter and, of course, many a joyous Bakasana (crow pose) and Vrskasana (tree pose).

Welcome to the new look of our KPY Schedule and Notices, henceforth known as "Calm & Bendy", the latest creation of our intrepid Chai Wallah. We hope you enjoy the new format and find the redesigned class schedule more user friendly. The schedule will always be on page 4.

We are going to be spending January undoing all the excesses of the holidays so prepare your legs for toning, your abs for tuning up and your liver for detoxifying twists - toning and trimming are coming your way!



In celebration of all things new, good, and healthy we have an exciting **promotion for January, ooh la la:**

**Gold packages: usual price \$440 for 30 classes, purchase a package before January 31st and get 1 class free (this works out at only \$14.19 per class, the usual T&C's apply)**



### January Yin Dates

Every Tuesday at 17.15  
&  
Sunday 9th  
Thursday 20th  
Tuesday 25th

(Come along and feel the deepest stretch!)

## What's New at KPY

A very warm welcome to **Donna Magnusson** who has joined KPY as a guest teacher.

Donna began her practice of yoga in 2002 in Boston with Baron Baptiste and is very lively and great fun.

You will be able to find out more about Donna on the website; even better yet - come to one of her classes.

Donna is teaching on Tuesday 18th, Saturday 22nd and Saturday 29th.



Happy Birthday: KPY is now

2

Thank you for all of your support and enthusiasm.



## Yoga at the Beach - How Refreshing!

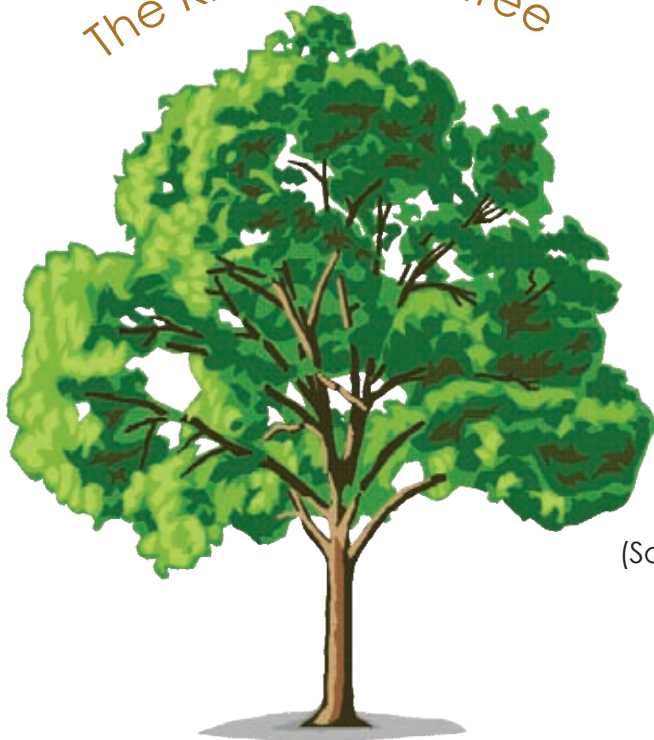
New experiences are key to making us grow and develop and this applies to your yoga practice as well. Doing yoga in an unfamiliar environment gives rise to some interesting and unexpected challenges. With that in mind we are doing a special yoga session at the beach in the ECP.

**Venue:** East Coast Park  
**Cost:** Usual class fees apply  
**Time:** 7.30 to 9.00  
**Date:** Saturday the 22nd of January



If you are keen, please let Kate know. Please bring your own mat, our normal studio-based Saturday classes will remain unchanged.

## The Knowledge Tree



## What is Hatha Yoga?

Hatha is a Sanskrit word that literally means 'sun' (ha) and 'moon' (tha), which broadly refers to the physical practices of yoga (including the breath), including active and relaxing poses.

Technically all posture-based yoga can be labelled as hatha but traditionally it is a system of yoga that is a physical preparation for the body so that practitioners can practise meditation for longer periods.

(So now you know as much as we do!)

## Workshop in January: Meditation and Relaxation Techniques

Do you want to find true calm and peace? Do you think this is impossible in Singapore? Book your place for the Meditation Workshop now to get a different view.

**Venue:** Laguna Park  
**Cost:** \$30 (or a stamp and \$10).  
**Time:** 10.00 to 12.00  
**Date:** Sunday 23rd of January



## Yoga Holidays 2011: Get your diaries out!

KPY will be hosting at least three Yoga Holidays in 2011. These enticing, relaxing, highly enjoyable breaks are suitable from yogis and non-yogis alike. So, mark off some time in your diary and come and join us in various island paradises. Spaces are limited.



### Indicative Dates and Venues

Spring ..... 6 May - 3 Nights, Lombok  
 Summer ..... 28 July - 4 Nights, Bali  
 Autumn..... 18 November - 3 Nights, Koh Samui

Prices will vary according to the venue. We are working hard to get the best value for money. Breaks will be available from as little as \$950 all inclusive (ex flights and visas). Watch this space for more details.

KPY Boutique



YogiToes Skidless Mats  
 Full: \$90 or \$160 for 2  
 Hand: \$35 or \$65 for 2



YogiToes Sweatless Towels  
 \$20



Yogitoes Headbands  
 \$6 or \$15 for 3



Shiva Neck Pillow  
 \$35



Buckwheat Pillows  
 Large: .....\$70  
 Medium: .....\$60  
 Child: .....\$18



Meditation Cushion  
 \$45



Yoga Bag  
 \$125 (TBC)

### SPECIAL OFFERS FOR JANUARY

Buy a **Gold Package** and get your current class **free**.

**Hand-Sized Skidless Mats** are only \$30 a discount of \$5.

### REGULAR ITEMS

SPOGA Mat.....\$40  
 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)

## January Class Schedule

Date	Morning Class Type Teacher	Alternative Class Type Teacher	Evening Class Type Teacher
Saturday 01	Closed	Closed	
Sunday 02	Mixed Kate		
Monday 03	Mixed Kate		Adv Beginner Kate
Tuesday 04		Yin Jo	Beginner Kate
Wednesday 05	Beginner Germin		Mixed Jo
Thursday 06	Kate		Beginner Kate
Friday 07	Beginner Kate		
Saturday 08	Mixed Kate	Beginner Germin	
Sunday 09	Yin Kate		
Monday 10	Mixed Kate		Adv Beginner Kate
Tuesday 11		Yin Jo	Beginner Kate
Wednesday 12	Beginner Germin		Mixed Jo
Thursday 13	General Kate		Beginner Kate
Friday 14	Beginner Kate		
Saturday 15	Mixed Kate	Beginner Germin	
Sunday 16	Mixed Jo		
Monday 17	Mixed Kate		Adv Beginner Kate
Tuesday 18		Yin Donna	Beginner Jo
Wednesday 19	Beginner Kate		Mixed Kate
Thursday 20	Yin Kate		Yin Kate
Friday 21	Beginner Kate		
Saturday 22	Mixed Germin	Beginner Donna	(Note: Special 7.30 Beach Yoga Too)
Sunday 23	Workshop Kate		
Monday 24	Mixed Jo		Adv Beginner Kate
Tuesday 25		Yin Kate	Yin Jo
Wednesday 26	Beginner Kate		Mixed Kate
Thursday 27	General Kate		Beginner Donna
Friday 28	Beginner Germin		
Saturday 29	Mixed Germin	Beginner Donna	
Sunday 30	Mixed Jo		
Monday 31	Mixed Germin		Adv Beginner Jo

### Weekly Class Timetable

Monday	9.30 - 11.00	-	19.30 - 21.00
Tuesday	-	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	-	-

### Class Definitions

- **Beginners classes** are for complete novices or those seeking a lighter workout.
- **Advanced Beginners** are for beginners wanting more of a challenging class.
- **Mixed classes** are suitable for all levels from experienced beginners to advanced students.
- **General classes** are for intermediate to advanced students.
- **Yin classes** involve deep stretches, which open the body and work the internal organs.
- **Workshops** are for anyone wanting to learn why and not just how.