

Calm & Bendy

The monthly newsletter of KPY

MARCH 2011

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March's Minutes of Madness!

This month KPY is going mad: special offers, Spotlight classes, yoga holidays, early bird discounts and more!

In each class this month your teachers are going to choose a 'special' pose which we will be holding for longer than usual, be that one or two or three or....minutes. Your muscles may be quivering by the end but we know you will be all the stronger for it by the end of the month. Aren't we so thoughtful?!



Yin yoga is held every **Tuesday evening at 17.15** as well as on **Tuesday 1st, Friday 11th, Thursday 17th, Saturday 26th and Wednesday 30th**



What's New at KPY



1. Spotlight..... Arm Balances: Do you find arm balances precarious? The inimitable and well known yoga teacher Don Peers is joining us for a **Spotlight* Class** on how to make these tricky poses much more accessible.

Don, in fact, helped train Kate, Donna, Jo and Germin to become yoga teachers and is one of Singapore's leading yoga teachers.

- **Venue:** Laguna Park Studio
- **Cost:** \$25 (or a stamp and \$10)
- **Time:** 11.15 to 12.45
- **Date:** Saturday, 12th of March
(This class is suitable for everyone)

*Spotlight Class is the new name for Master Class at KPY. Spotlight Classes are normal classes but with specific focus on one aspect of yoga with greater teacher / student interaction to aid learning.

Feeling Meditative? We are trying something new this month: an hour-long meditation class. This class will incorporate a led meditation, followed by a mindfulness meditation – a great way to discover meditation or share your own with others. Join us for a morning of peace.

- **Venue:** Laguna Park Studio
- **Cost:** Usual class price
- **Time:** 8.30 to 9.30
- **Date:** Sunday, 13th of March

wwwwatch this space! The new and 100% more tasty KPY website is launching later this month.

Workshop in March: Hip Openers

We are going to be taking a detailed look into the very common problem of tight hips. Discussing where the tightness comes from, where it lies and how best to open the hips up, this Workshop aims to give you a practical plan of action to improve your flexibility.

Venue: Laguna Park Studio
Cost: \$30 (or a stamp and \$10)
Time: 10.00 to 12.00
Date: Sunday, 27th of March



Yoga Etiquette

There are general 'do's and don't' which allow for happy yoga communities. We have detailed some of these below as they will stand you in good stead wherever you practice in the world.

- ALWAYS turn off your phone
- never wear your shoes into the studio
- try not to step on other peoples mats
- if you arrive late, come in as quietly as you can. If the class is sitting in meditation, sit on the floor and set up your mat once everyone is moving again
- if you need to speak to the teacher do so quietly
- blankets are there to use as props, not as Skidless mats! If you don't have a Skidless mat you could use a towel, but don't use the blankets
- when resting in Savasana at the end of a class, remember that if you fidget, it is your neighbours who you will be disturbing, not just your own rest

The Knowledge Tree

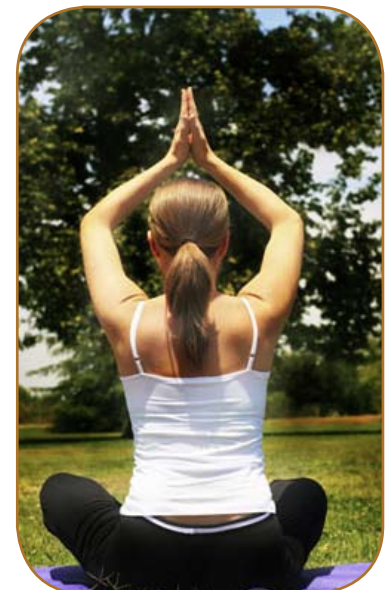


Yoga in the East Coast park - Get a new perspective

Yoga in the Park: we are holding another yoga session in the ECP near the beach on Sunday 20th. We will salute the sun as it wakes up Singapore – but will try a new location this month. Come and experience the joy of practising yoga outdoors.

Venue: East Coast Park (exact location to be decided)
Cost: Usual class fees apply
Time: 7.00 to 8.30
Date: Sunday, 20th of March

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



Date: 05 May to 09 May 2011

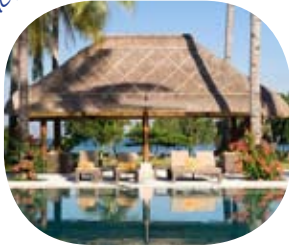
The Freedom of Flow Yoga holiday will be unlike any other. A luxury holiday for both yogi's and non-yogi's, it is a fabulous holiday with the option to do yoga twice daily.

- luxury accommodation in a stunning, private villa
- beautiful location with plenty to do if you want to do more than lie around the pool or on the beach being waited on hand and foot
- our own chef to prepare sumptuous meals
- twice daily yoga classes
- exclusive to only 10 guests

Early Bird Discount - \$100 off

For more details about this amazing experience, speak to Kate or the Chai Wallah. Details are on the website.

Open your body to movement, mind to possibilities and your heart to joy! Breathe...let go...



KPY Boutique



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



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



YogiToes Sweatless Towels
\$20



Meditation Cushion
\$45



Yogitoes Headbands
\$6 or \$15 for 3



Yoga Bag
UP \$90, Special \$79



Shiva Neck Pillow
\$35

SPECIAL OFFER FOR MARCH
YogiToes Tote Bag – due to popular demand we are extending this special price of \$79! The tote bag is lightweight, easy to clean and adjustable... straps can be extended at the bottom to hold ANY SIZE yoga mat, or left long to serve as a universal bag.

- 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)

Weekly Class Timetable

	Morning	Alternative	Evening
Monday	9.30 - 11.00	-	19.30 - 21.00
Tuesday	-	17.15 - 18.45 (Yin)	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	-	-

March Class Schedule

Date	Morning Class Type Teacher	Alternative Class Type Teacher	Evening Class Type Teacher
Tuesday 01		Yin Kate	Yin Jo
Wednesday 02	Beginner Kate		Mixed Jo
Thursday 03	General Kate		Beginner Kate
Friday 04	Beginner Jo		
Saturday 05	Mixed Germin	Beginner Kate	
Sunday 06	Mixed Donna		
Monday 07	Mixed Kate		Adv Beginner Kate
Tuesday 08		Yin Donna	Beginner Kate
Wednesday 09	Beginner Germin		Mixed Kate
Thursday 10	General Kate		Beginner Kate
Friday 11	Yin Donna		
Saturday 12	Mixed Germin	Spotlight on... Arm Balances Don Peers	
Sunday 13	Mixed Donna	Meditation 8.30-9.30 Kate	
Monday 14	Mixed Kate		Adv Beginner Kate
Tuesday 15		Yin Donna	Beginner Kate
Wednesday 16	Beginner Germin		Mixed Kate
Thursday 17	Yin Kate		Yin Kate
Friday 18	Beginner Donna		
Saturday 19	Mixed Germin	Beginner Donna	
Sunday 20	Mixed Donna	Yoga in the Park 7.00 Kate	
Monday 21	Mixed Jo		Adv Beginner Kate
Tuesday 22		Yin Zoe Ho	Beginner Jo
Wednesday 23	Beginner Kate		Mixed Jo
Thursday 24	General Kate		Beginner Jo
Friday 25	Beginner Kate		
Saturday 26	Yin Germin	Yin Donna	
Sunday 27	Workshop Kate		
Monday 28	Mixed Kate		Adv Beginner Kate
Tuesday 29		Yin Kate	Beginner Jo
Wednesday 30	Yin Kate		Yin Jo
Thursday 31	General Kate		Beginner Kate

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.
- **Spotlight classes** are normal classes but with specific focus on one aspect of yoga with greater teacher / student interaction to aid learning.
- **Workshops** are for anyone wanting to learn why and not just how.