

# Calm & Bendy

The monthly newsletter of KPY

MAY 2011

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## Expect the Unexpected

We were astonished to discover, upon researching what goes on during the month of May, that this special month has a number of remarkable holidays including Lumpy Rug day and Lost Sock Memorial day (3rd and 9th if you are planning to observe)!

Not to be outdone KPY is keeping things a little left of centre with our theme of the month being 'Expect the Unexpected'. Changes to familiar sequences or the introduction of more unusual poses are all coming your way. It will be an exciting month of exploration and discovery.



**Yin yoga** is held every **Tuesday** evening at 17.15 and also on **Friday 6th, Thursday 12th and Saturday 21st.**



*"A sudden bold and unexpected question doth many times surprise a man and lay him open". Francis Bacon*

## What's New at KPY

**Open Mat:** to encourage and support the development of new teachers and to give students a greater variety of experiences, we are holding a **FREE** yoga class on **Saturday June 4th (yes, June)** to be taught by a newly qualified yoga teacher. Come and support the yoga community and have some fun. We hope for this to become a regular feature at KPY.

**Venue:** Laguna Park Studio

**Cost:** free of charge

**Time:** 17.15 to 18.30

**Date:** Saturday June 4th

**Teacher:** Debbie Hong



**Tea change:** we are moving on from our spicy Zanzibar Infusion tea to Red Solstice. Made from the South African red bush, it has unique healing properties. Mmm...yummy!



To our delight **Zoe Ho** has joined our teaching team. Zoe brings her exuberant personality to the yoga classroom, taking students through compelling practices with joy, humour (always an essential at KPY), attention to alignment and injury prevention. Her specialties are Hatha yoga (Iyengar orientation), and Yin yoga.

To find out more about Zoe have a look at her profile on our website or, better yet, come along to one of her classes.

## Workshop in May: Spinal Alignment

This workshop will focus on the spine: its alignment and movement. We will consider how to improve both of these aspects as well as to consider how the spine affects other body functions. 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 29th May

## EQUANIMITY

In Hinduism, equanimity is the concept of balance and centeredness which endures through all possible changes in circumstances. According to the Bhagavad Gita (a key yogic text) one may achieve equanimity through meditation. But our yoga practice is the perfect time to develop the mental and emotional discipline to cultivate equanimity in the face of physical and mental challenges. Regardless of what you face staying present and focussing on a smooth, steady breath, enables us to find balance and calm.

The Knowledge Tree



## Yoga in Katong Park - Feel the Morning Fresh Air

**Yoga in the Park:** join us for a series of Sun Salutations followed by a meditative yin practice under Rainbow Eucalyptus tree in Katong Park – what a special way to start the day!

**Venue:** Katong Park (Fort Road), under the Rainbow Eucalyptus tree  
**Cost:** Usual class fees apply  
**Time:** 7.00 to 8.30  
**Date:** Sunday 22nd May

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



## Yoga Holiday: Freedom of Flow 22 - 26 September 2011

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



Join Kate for what will be a fabulous retreat from the world. This is a yoga holiday with a difference. No lentils for this crowd, rather candlelight and cocktails!

With yoga sessions in the morning and in the afternoon, by the end of the holiday you will feel like you have been away from the world for a month. Who says yoga holidays have to be spartan? Join us for a luxurious, non-yogi friendly holiday in Lombok.

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

- For details please visit or email:
- [www.kateporteryoga.com/holidays](http://www.kateporteryoga.com/holidays)
  - [kate@kateporteryoga.com](mailto:kate@kateporteryoga.com)

Come and join Kate for a great break

KPY Boutique



**Eco-flex yoga mats** Our new yoga mats are a wild success with all KPY teachers – the flex yoga mats contain no latex or PVC and they use no toxic materials in production. Its patterned soft surface provides superb traction. The closed cell construction of these mats prevents absorption of fluids, making it also easy to keep clean. **\$40**



Carry your yoga mat easily and comfortably with our yoga mat sling. This clever, lightweight harness fits most regular mats. The sling has an adjustable loop that wraps around your mat. The strap is solid, durable and reinforced for long life. **\$18**



Buckwheat Pillows  
Large: .....\$70  
Medium: .....\$55\*  
Child: .....\$18



KPY Umbrellas on special : **only \$5**

### SPECIAL OFFER FOR APRIL

Buckwheat Pillows (Medium Size) **\$55 (UP \$60\*)**

For perfect neck support try a buckwheat pillow and say "goodnight" to neck aches!

### REGULAR ITEMS

- Shiva Neck Pillow ... \$35
- Skidless Mat..... \$90
- Skidless Mat Small... \$35
- Tote Bag ..... \$90
- Yoga Block ..... \$13
- Yoga Belt ..... \$13
- KPY Umbrella..... \$5
- 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)

	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	7.00 - 8.30 (Park)	-

### May Class Schedule

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

### 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.

