

Calm & Bendy

A MuseLetter from KPY

NOVEMBER 2011

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Core Values

It's all about the C-O-R-E this month at KPY. And we're not just talking about your midsection. A good core is the foundation of anything stable and we especially recognize that at KPY. That's why although we now have a shiny new exterior, two spacious studios and adequate retail space; we're still 'us'.

Our core values remain unchanged as we welcome you to this extension of our home and endeavor to provide you with the best teachers, more classes to choose from, interesting workshops, and relaxing yoga holidays. And of course, delicious homebrewed tea.

We are so thrilled to have you with us for this next chapter of KPY!



What's New at KPY

KPY has moved and new classes

Our new studio opened on 22nd October, so say a fond farewell to those stairs! The new studio is in the same block (G) and is unit #01-27. It is the corner unit next door to the kindergarden, close to the taxi shelter. Officially we have moved down 54 stairs and right 30 steps.

We have doubled the number of classes you can choose from but haven't taken away your favourites. We can't wait to welcome you to our new home.

Important! We now have a specific class booking email address: MyMat@KatePorterYoga.com
The phone number remains unchanged.

We are establishing a **Book Exchange** (thanks for the fab idea Michele S). The exchange will be free of charge, simply bring in a book and you can take one out. Please have a look through those groaning bookshelves and if you have any books to spare, please consider donating them to the KPY Book Exchange. (Thanks to all those who have already donated more than 100 books!)



Calling all Yogi Fashionistas

Announcing the new and expanded version of our boutique, renamed:



Finally - a one-stop shop for all your yoga needs. Along with our usual collection of excellently priced mats, towel covers, headbands and tote bags, keep your eyes peeled for more surprises. We plan to bring you gorgeous yoga clothing in 'normal sizes' as well as other fun accessories to take you glamorously from mat to mall. But, beware: you may just never need to visit Orchard Road again.

Disclaimer alert: We can't guarantee that wearing an adorable yoga tank top and matching capris will improve your downward dog or ease you effortlessly into that handstand, but you'll certainly look great trying!

Special Classes and More



New Weekly Classes - OOOH!

Phew – heaps to choose from. These classes are in addition to your usual favourites (see full schedule for some time changes, too):

Monday:	Yin yoga	19.00 - 20.30
Tuesday:	Yin yoga	09.30 - 11:00
Wednesday:	Morning Kick-start	07.00 - 08.00
	Beginner	20.00 - 21.15
Thursday:	Beginner	09.00 - 10.30
	Yoga Fury	20.00 - 21.15
Friday:	Power Hour	12.30 - 13.30
Saturday:	Adv. Beginner	10.00 - 11.30
Sunday:	Meditation	09.00 - 10.00
	Yin yoga	10.30 - 12.00



Monthly Workshop: Chakra Balancing

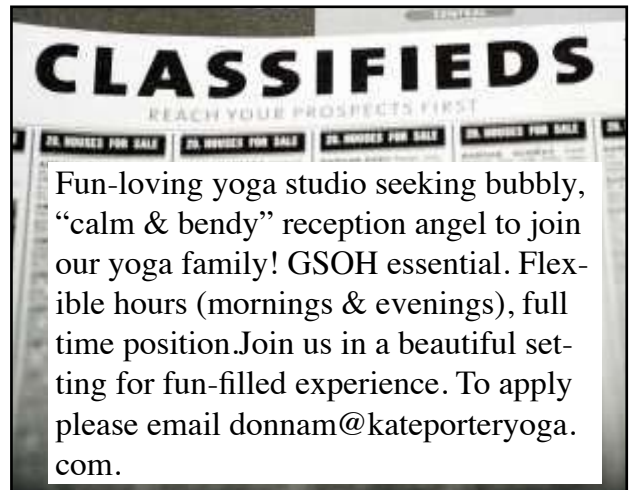
Join Ashley as she takes you on a journey through the chakras! In this workshop we will explore and learn about the 7 chakras, as well as how to help balance them with specific asanas. This session will be enhanced by use of essential oils, chosen specifically for each chakra.

Venue: Laguna Park Studio
Cost: One stamp and \$15 or \$35
Time: 10.30 to 12.30
Date: Sunday 27th

Meditation Classes

Now you can experience Jo's led meditation every week. Experience an inward revolution, find out what is beneath the surface...know and be yourself at KPY each Sunday morning.

Venue: Laguna Park Studio
Cost: Normal class fees apply
Time: 09.00 - 10.00
Date: Every Sunday morning at KPY



Save the date: We are celebrating!!

KPY will be 3, KPY has a brand new studio and KPY has made it through another year. 3 good reasons to celebrate and we want you to be there to share in it. Please let us know if you will join us.

Venue: Laguna Park Studio
Time: 18.30 - 21:00
Date: Friday, 2nd December
RSVP: donnam@kateporteryoga.com by 25 November

Breast Cancer Awareness Update

A big thank you to everyone who took part in the Breast Cancer Yoga session in the park. We raised more than \$1000 for this worthy cause, with hundreds of dollars more being generously contributed to the box throughout the month. The KPY community is a truly kind and special one. The Breast Cancer Foundation of Singapore is very grateful for your assistance.

Core

What we commonly refer to as our 'core' is erroneously thought to be just the abdominals. Actually, the major muscles of the core include all four sets of abdominals, both the front and side; the muscles of the mid and lower back and the pelvic floor.

Along with supporting the upper body, the core muscles are also necessary for sneezing, coughing and most importantly, laughing. If we can't all have that coveted 'six-pack' at least let's be able to laugh about it comfortably!

Bali...A World Away

Come and join Kate, Germin and the Chai Wallah for three nights and four days of yoga fun in Bali. Only a few things on a KPY holiday are compulsory:

- Lovely accommodation
- Private location (we will be the only guests at the resort)
- Yoga classes tailored to our guests needs (but not even the yoga is compulsory!)
- Non-yogis are most welcome

Only 1 Room Left!

www.kateporteryoga.com/holidays

Kate's Closet

YOGAWEAR FOR NORMAL PEOPLE

The fun continues in Kate's Closet as first results of the KPY t-shirt design competition are now available in store. Two designs are available in both t-shirts and tank tops, 'Dancer' design is by Rosa A and 'KPY Swirls' is by Sherry B – thank you both!



only \$20



REGULAR ITEMS

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

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
Hair Bands	\$2
Gift Card (x1)	\$23
Gift Cards (x3)	\$69

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)



facebook.com/KatePorterYoga



twitter.com/KatePorterYoga



Weekly Class Timetable

	First Session	Second Session	Third Session	Fourth Session
Monday	-	09.30 - 11.00	19.00 - 20.30	19.30 - 21.00
Tuesday	09.30 - 11.00	12.30 - 13.30	17.30 - 19.00	19.30 - 21.00
Wednesday	07.00 - 08.00	09.30 - 11.00	19.30 - 21.00	20.00 - 21.15
Thursday	09.00 - 10.30	09.30 - 11.00	19.30 - 21.00	20.00 - 21.15
Friday	09.30 - 11.00	12.30 - 13.30	-	-
Saturday	09.00 - 10.30	10.00 - 11.30	11.15 - 12.45	-
Sunday	09.00 - 10.00	10.00 - 11.30	10.30 - 12.00	-

November Class Schedule

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

Please note we are open on the public holidays of 6-7 November.

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.