

Calm & Bendy

A MuseLetter from KPY

OCTOBER 2011

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Opening and Expanding

Ever get that feeling that you just need a good s-t-r-e-t-c-h? KPY is the place to come if you do. During each of your classes this month your teachers are going to be setting aside time to give selected parts of you an extra deep opening.

We will be working on this further in the Monthly Workshop as Barry McVeigh (Osteopath and sports therapist) will be joining us to show us alternative ways of lengthening muscles and opening the body.

Zoe is back from her travels! You will have a chance to experience her special classes towards the end of the month. There really is lots on going this month, so read on...



KPY IS MOOOOOOVING

Very exciting news for those of you who dread the 54 steps up to KPY: we have signed a lease for new premises. Don't worry – we aren't going far – in fact only about 30 meters. The empty unit you pass when walking to KPY (on the corner of Block G, next door to the kindergarten) is going to be getting a special KPY make-over. Think bright colours, extravagant art indulgence (the ceilings are really high), soothing plants and much more. We hope to open the new studio sometime in early November. Oooh - KPY gets a bit a grown up - but definitely not serious.

One of the main benefits is that we will have 2 studios, so we can run more classes, especially during peak times, reducing waiting lists to a bare minimum. So, no more stairs and many more classes to choose from, but still the same friendly faces, art, fun, books and the warm KPY welcome!

Follow our make-over progress at:



[facebook.com/KatePorterYoga](https://www.facebook.com/KatePorterYoga)



twitter.com/KatePorterYoga

The "Chai Wallah September Surprise" winners are now on the website. Please have a look to see if you won. Thank you for playing.

Price Changes from October

Kindly note we will be increasing our prices slightly from 1st October. In order to keep the price of our large package the same and in response to feedback from our survey, we are introducing **a new, larger package**:

- **Platinum Package:** 50 classes valid for 14 months for \$740 (\$14.80 per class) **NEW**
- **Gold Package:** 30 classes valid for 12 months for \$490 (\$16.33 per class)
- **Silver Package:** 10 classes valid for 4 months for \$200 (\$20 per class)
- **Single Class:** \$23

Special classes during the month



Monthly Workshop: Targeted Opening

This special workshop will consist of a 60-minute Vinyasa flow with Kate to warm and open your muscles, followed by an assisted stretching session with Kate and Barry (from the Osteopathic Centre) focusing on opening the neck, shoulders, lower back and legs. Perfect for: anyone with tightness or restriction in those areas, sports-people and, anyone wanting to step-up their flexibility.

Venue: Laguna Park Studio
Cost: One stamp and \$15 or \$35
Time: 10.00 to 12.00
Date: Sunday 30th

Ashtanga Special with Jo

Experience this powerful form of yoga which involves synchronizing the breath with a progressive series of postures. Perfect for Mixed class students, not suitable for novices. This will be a half-led Primary Series (don't worry, Jo knows what that means!).

Venue: Laguna Park Studio
Cost: Normal class fees apply
Time: 9.00 - 11.30
When: Saturday 29th



Yin Yoga

The KPY community loves Yin and so do we. Come and join us for this special type of deep stretch yoga.

Every Tuesday: 17.15 - 18.45
Every Friday: 09.30 - 11.00
Other dates: All classes on Monday 24th and evening class on Thursday 27th.



Meditation Class

Experience an inward revolution, find out what is beneath the surface...know and be yourself at KPY.

Venue: Laguna Park Studio
Cost: Normal class fees apply
Time: 08.30 - 09.30
Date: Sunday 2nd and Sunday 23rd

Yoga in the Park / Breast Cancer Awareness

Join Kate for a heart-opening session under the shade of the Rainbow Tree in Katong Park. This class will be held in support of breast cancer sufferers and survivors. There is no "cost" for this special session, however, instead KPY is asking for donations to the Breast Cancer Foundation of Singapore (www.bcf.org.sg) and KPY will match all donations dollar for dollar*. Please give as generously as possible and bring as many friends to join us as you can. **Even Tom, our resident Chai Wallah, will take part in this session.** So, get up early and make a difference this October!

Venue: Katong Park (Fort Rd. / Meyer Rd.)
 under the Rainbow Eucalyptus tree
Cost: Donations only
Time: 07.00 - 08.30
Date: Sunday 16th

*KPY donation capped at \$500

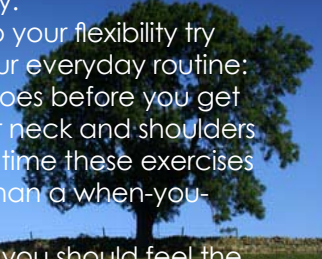


Stretching

Studies have shown that muscles respond better to stretching which is done gently but frequently rather than intensely and occasionally.

If you are struggling to develop your flexibility try incorporating stretches into your everyday routine: reaching down to touch your toes before you get into the shower, stretching your neck and shoulders whilst sitting at your desk. Over time these exercises will give you far more benefit than a when-you-remember stretch.

When you come into a stretch you should feel the stretch but NOT sharp pain – if you are in pain you are doing more harm than good, back off.



- The **KPY online shop** is now up and running! You can purchase packages as well as items from the Boutique and we will either have them ready for your next visit or have them posted to you. A great way to arrange gifts for your friends – we'll take care of it all for you!

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

www.kateporteryoga.com/holidays

KPY Boutique

Large Buckwheat pillows, usual price \$70,
October special \$60



Yoga carry bags, usual price \$30,
October special \$25

NB: Only a few weeks left of the **Source53** Art Exhibition, if you want to buy any pieces, do let Kate or the Chai Wallah know.

REGULAR ITEMS

YogiToes

Shiva Neck Pillow \$35
Skidless Mat \$90 or 2 for \$160
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)



Weekly Class Timetable

	First Session	Second Session	Third Session
Monday	9.30 - 11.00	-	19.30 - 21.00
Tuesday	13.00 - 14.00	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	-	-

October Class Schedule

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

Please note we are open for Deepavali on Wednesday 26th.

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.