



Kate Porter Yoga  
YOGA FOR NORMAL PEOPLE



## Yoga Hippie?

In February we are going to be working on opening your hips so that you can start the Lunar New Year as flexible as a tiger. The hips are an area which are tight in many of us and can play a big role in causing back and knee pain. So take a deep breath, take the lunge and stretch like a tiger in February. Grrrh!



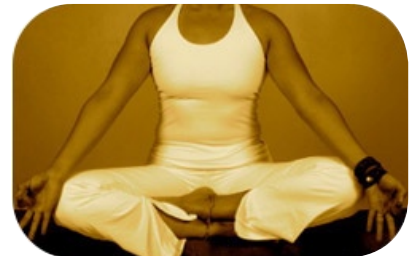
**Yin Yoga:** due to popular demand, we have three Yin yoga days this month  
**Thursday the 4th,**  
**Wednesday the 17th**  
and **Friday the 19th.**



**Yoga Holiday:** Kate is thinking about doing another yoga holiday to Lombok in April. If you are interested, drop Kate a line or have a chat to her or the Chai Wallah.

### Spoga yoga mats are in stock:

If you would like your own yoga mat, we have several Spoga Mats available. They are \$40 each, great quality and last for ages.



### Investments in your health and happiness until Sept 30, 2010:

#### Public Classes (90 minutes)

Single class

\$19 per class

Package of 10 classes (Silver)

\$170 per block (valid 4 months)





Package of 30 classes (Gold)

\$420 per block (valid 12 months)

Month End Workshop Series

\$25 per workshop (or 1 stamp plus \$8)

SCHEDULE AND NOTICES FEBRUARY 2010

<b>Weekly Schedule</b>	<b>Morning 9.30 - 11.00</b>	<b>Evening 7.30 - 9.00</b>
<b>Monday</b>	<b>Mixed</b> (Firm up and tone up)	<b>Mixed</b> (A kick start to your week)
<b>Tuesday</b>		<b>Beginners</b> (Learn to be calm & bendy)
<b>Wednesday</b>		<b>Mixed</b> (Firm up and tone up)
<b>Thursday</b>	<b>General</b> (Challenging, but worth it)	<b>Beginners</b> (Learn to be calm & bendy)
<b>Friday</b>	<b>Gentle Yoga</b> (De-stress & relax)	
<b>Saturday</b> <i>Note Time:</i> 9.00 - 10.30	<b>Mixed</b> (A fun class to energise you for the weekend)	
<b>Sunday</b> <i>Note Time:</i> 10.00 - 11.30	<b>Mixed</b> (Get refreshed after Saturday night)	(This class is on every Sunday except the last Sunday of the month which is a <b>Workshop</b> )

### Class Definitions

- **Beginners classes** are for complete novices or those seeking a lighter workout.
- **Mixed classes** are suitable for all levels from experienced beginners to advanced.
- **General classes** are for intermediate to advanced students.
- **Workshops** are for anyone wanting to learn why and not just how.

**Please Note:** booking is essential and please give Kate at least 2 hours notice if you need to cancel or you may be charged. Please arrive 5 to 10 minutes before the class begins to settle yourself. The door opens 15 minutes before class. KPY reserves the right to charge for late cancellations and no-shows.



### Directions

**To get to Laguna Park condo, follow the instructions below**

#### By Car:

There is parking at Laguna Park (\$1). After exiting the ECP at exit 8a, turn right at the first traffic light. Thereafter, take the first possible right turn after the next traffic light into Laguna Park. If you are driving yourself, after parking, ask to be directed to Academy Kidz (block G). We are along the corridor and up the second stairwell between the "Academy Kidz" classrooms. Here you will get your first bit of exercise by climbing all 54 steps to our apartment, which is at the very top on the right!

#### By Taxi:

If you come by taxi, the taxi driver can turn immediately left as he drives into the condo (there is a sign 'Residents only' but taxis are allowed), and drop you off at the taxi drop-off shelter. Walk along the corridor to the left, we are up the second stairwell between the "Academy Kidz" classrooms.

#### Bus Numbers:

31, 43, 48, 196, 197  
(Laguna Park stop)

#### MRT:

Bedok (followed by bus 31, 196 or 197)