



Kate Porter Yoga

YOGA FOR NORMAL PEOPLE

SCHEDULE AND NOTICES JULY 2010

Summer: Stretching Season

Mid-summer is upon us and at KPY we are celebrating the blooming of flowers and flourishing of plants by opening and stretching our bodies. It is going to be a month of normal practice punctuated by selected poses being held for longer than usual to stretch and deeply tone your muscles. Watch out hips, hammies and shoulders – get ready to streeeeetch!

This theme ties in with a secondary theme for the month. In place of our usual monthly workshop on Sunday the 25th, we are delighted to announce that Jo Phee, one of Singapore's foremost Yin teachers, will be leading a 'Master Class', please see below for more information. In addition to that, we have scheduled more than the usual number of Yin classes to consolidate all the opening you will be doing in your standard classes.

Annual KPY Survey:

in our ongoing effort to make KPY a unique yoga community, we would be very grateful if you would take part in our 2010 Survey. You are welcome to remain anonymous and please be totally honest, we really appreciate it.

Yin Yoga: will be held on Monday 5th (morning only), Tuesday 13th, Saturday 17th, Monday 19th (evening only) and Thursday 22nd.



YogiToes Skidless mats, headbands and Spoga mats are back in stock!



Jo Phee (Yin Master Class Teacher)

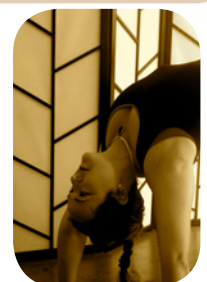
Jo's yogic background is steeped into the Satyananda/Bihar Yoga tradition. She is a graduate in the 3-year Diploma in Satyananda Yoga Teaching with the Ashram (Bihar School of Yoga) in Sydney, Australia. She also holds a 200hrs Yoga Alliance Teaching Certificate with Australia's Yogarts School.

Over the years, Jo has trained with numerous teachers from different disciplines, and blends the valuable knowledge from these different traditions into her teachings. She has completed teacher trainings with Shiva Rea (Vinyasa Flow Yoga), David Swenson (Ashtanga Yoga), Aadil Palkhivala (Purna Yoga), Ana Forrest (Advanced Teacher Training), Tias Little (Yoga Anatomy) and Erich Schiffmann (Moving Into Stillness). In January 2005, she completed a residential Yin/Yang Yoga & Mindfulness in Meditation teacher training with Sarah Powers in Santa Cruz, California. And in 2007, She travelled to Chicago to train with Paul Grilley in Yoga Anatomy & Yin Yoga. Jo is one of the pioneer Yin teacher in Singapore and she continues to teach under the mentorship of both Sarah and Paul. Jo currently devotes her teachings mainly to the mindfulness practice of Yin Yoga. Places are limited for her Master Class - book early to avoid disappointment.

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



Weekly Schedule	Morning 9.30 - 11.00	Afternoon	Evening 7.30 - 9.00
Monday	Mixed (Firm up and tone up)	-	Beginners (A healthy start to your week)
Tuesday	-	-	Beginners (Learn to be calm & bendy)
Wednesday	-	-	Mixed (Get blissed out)
Thursday	General (Challenging, but worth it)	-	Beginners (Learn to be calm & bendy)
Friday	Gentle Yoga (De-stress & relax)	-	-
Saturday <i>Note Time:</i> 9.00 - 10.30	Mixed (A fun class to energise you for the weekend)	Please Note: Saturday classes will usually be taught by Germin Yeo from 1st July	
Sunday <i>Note Time:</i> 10.00 - 11.30	Mixed (Get refreshed after Saturday night)	(This class is on every Sunday except the last Sunday of the month which is a Workshop or a Guest Teacher Master Class)	

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 students.
- **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 to settle yourself. The door opens 15 minutes before class. KPY reserves the right to charge for late cancellations. No-shows are automatically charged.

Directions

To get to Laguna Park condo, follow the instructions below

By Car:

There is parking (\$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)

KPY schedule changes:

From the 1st of July 2010 some classes at KPY will be taught regularly by other teachers.

The Saturday morning class will usually be taught by Germin Yeo. This allows our students to have the benefit of a different teacher as well as allowing Kate some time off to think of new ways to make you calm and bendy.