



Our festive gift options



Are you finding it hard getting through that gift list this year?

If so, why not have a look at some of the following suggestions:

WHAT EVERY BODY WANTS

Something we all want, but can't seem to get enough of?..... free time.

That's exactly what we are giving away this month with our bonus time giveaway for anyone who joins on a 12 month minimum term membership.

The benefit is 2-fold, your friends and family get to train without any pressure on their finances during the Christmas period, and if you introduced them to Elixr, you will receive your Karmic Reward!

EXCLUSIVE MEMBERS ONLY OFFER

Available only to our current members is the opportunity to purchase a 1 month membership for just \$99.00 as a gift for a friend or family member.

This presents a saving of up to \$199.00 (based on a 12-month standard membership package)

...a ready-made gift for someone to get started on their new year's resolution.

GIFT CARD

When in doubt, the trusted gift voucher is always a great alternative.

Purchase a gift voucher up to any value you like for someone to spend on work out gear, a personal training session, nutrition consultation, or even to go towards a membership.

Vouchers come as a great gift card for you to write your own personal message.



Useful Yoga Tips....

Trevor Tangye offers some important tips for our yoga students:

1) Do not be backward in coming forward - or

for the high spirited students you may test your teacher by asking appropriate questions. Done correctly this will help you, and your teacher communicate knowledge and help others who may be too shy to ask.

2) Some simple things you may not be aware of. Don't drink water during practice. Yoga aims at creating a moderate inner, physiological warmth to focus the mind, soften the muscles and activate the "agni" or digestive fire.

3) No shoes in the yoga room, otherwise what is on the bottom of your shoes may well be right up your nose when you are face down on the mat, as you get to be in some postures.

4) Yoga promotes "sthira"; steadiness in beginners, even immovability in more experienced students. As a practice, yoga should be approached from a psycho-physiological perspective rather than just a physical activity.

If a particular class doesn't suit you, it may be the style is not suited to your needs or maybe the connection with your teacher (which is important for some) is not there; try another class and do ask if you ever need help.

Yoga Teacher Instructor Course

Bookings are now open for 2008 enrolments into this comprehensive course for those wishing to become a Yoga Instructor. Facilitated by Trevor Tangye over 3 terms.

Course Duration:

- Term 1: 2/2/08 to 26/4/08
- Term 2: 10/5/08 to 2/8/08
- Term 3: 16/8/08 to 29/11/08

Times: Saturdays 7.30am to 11.30am

Venue: Elixr Wentworth

Class size: 10 Maximum

Cost: \$2500.00 (ex GST)

Pre-requisites: Students must be able to do most of Ashtanga Primary comfortably, including Padmasana. The course facilitator may require members to demonstrate their abilities in order to be able to participate in this Instructor course.

For more information on the Yoga Course, contact Peter Lamb, Education Coordinator on 8113 8800 or at pilates@elixr.com.au



Swim School Holiday Program

Looking for an activity to keep your kids entertained that expends

energy as well as teaching them essential water skills?

Why not book them into our holiday programs?

Bookings are now open for January School Holidays:

5 Day Intensive

Learn to Swim and Stroke Correction

Dates:

- 14th - 18th January 2008
- 21st - 25th January 2008

Times:

- Lvl 2: 3 to 5years of age: 10.00am
- Lvl 3: 5 to 10years of age: 9.30am
- Lvl 3: 5 to 10years of age: 9.00am Mini Squad

Cost:

- Members \$60.00
- Non-members \$75.00

For bookings or enquiries, contact Katia on 8113 3305 or swimschool@elixr.com.au

December / January Club Operating Hours & Class Timetables...check our website for club operating times and reduced class schedules over Christmas and New Year

