



CHEW ON IT

WITH RICHARD CHEW

LIFE AT ELIXR

As most of you know, we recently made the difficult decision to close our Park Street club. This came after many months of serious consideration and exploring different options. Unfortunately, suitable new sites were not available and other options were simply not feasible.

Over the years, people have occasionally commented that ours must be an easy business. I can assure you, there's no such thing. Fortunately, I love being in the fitness industry (I've been part of it for over 35 years) and on the whole it's been a most rewarding journey. I don't always get it right, but when people tell me how much Elixr means to them and the positive impact it's had on their lives, I'm reminded of why I do what I do.

There's a wonderful community that exists and thrives at Elixr. We have incredible instructors, teachers and staff who are driven to excel in their field. More importantly, they care and are passionate about what they do. We also have amazing members who have made Elixr a part of their lives and who recognise the benefits that come from

exercising regularly, socialising and being part of the Elixr family.

We have wonderful people on our team including some who worked with me at Healthland in the 90's – these include Marcus Irwin, Michael Jeffreys and Marian Frankel. Then there is Katharine Millard our Pilates Education Director, who inspired me to set up Elixr and Rachel Crompton, Don Peers, Trevor Tangye, Yuki Nakazawa and Nicki Webster who were there with me when we started Elixr more than 12 years ago. I am grateful to them and to the thousands of people who have supported my dream over the years. I fully intend to be involved in the fitness world for as long as I can, and will continue to focus on Elixr's programs, team and vision.

My journey – in life and business – has had stellar highs and disheartening lows, but I continue to work on realising my mantra: "Life is not easy but don't make it complex." I know how precarious and unpredictable life is, and it would be foolish not to be ever conscious of enjoying it to the full and seeing the beauty around us. That is now my journey...

BOOST YOUR MOOD IN WINTER

Your bed probably feels pretty snug in winter. But you know what feels even better? Getting out there and giving your body the workout it deserves – whether that's stretching your legs on a long run, going for a cycle or taking your favourite class at Elixr. So don't let winter derail your fitness goals. Instead, be inspired by the stories in this month's newsletter: find out what keeps model and actress Georgia Gibbs active and read about Elixr member Jenny Quigley's ocean swim challenge at age 70. Enjoy!

INTRODUCTORY COURSES

Have you recently joined a Pilates, yoga or Real Fitness Kickboxing class? Are you looking to perfect your technique? Get to know your instructors? Feel more confident in class?

Our introductory courses are ideal for new members and anyone wanting to develop their skills in their favourite discipline(s) and learn to use the relevant equipment effectively.

FREE FOR MEMBERS AND TWO GUESTS

Pilates 2-4pm: **June 4 & 18**

Yoga 2-4pm: **June 18**

Real Fitness Kickboxing 2:30-4pm: **June 25**

Meditation 12-1:30pm: **June 26**

TO BOOK

VISIT ELIXR.COM.AU/COURSES

QUEEN'S BIRTHDAY PUBLIC HOLIDAY HOURS

Monday, June 13 is the Queen's birthday – hooray for long weekends! – and our clubs will have an adjusted schedule on the day:

Bondi Junction: 7:30am–2:00pm
Bligh Street: Closed

FEATURE CLASS LO MOVE

Join Marian for a low impact choreographed aerobic style class to music. You will use weights, fitball and Pilates floor exercises to get a full-body workout. This class is suitable for all fitness levels and is safe for mature members and those returning after an injury.



When: Mondays and Fridays at 10:30am

Where: Bondi Junction

SPECIAL MEMBER OFFER STEVIE ENGLISH HAIR: GET 15% OFF

This month, Stevie English hair salons are offering Elixr members 15% off any cut, colour or treatment at their Bondi Junction (44 Bronte Road) and Glebe (153 Glebe Point Road) salons. To claim your discount, simply call your nearest participating salon or book online at stevieenglish.com.au. And don't forget to mention that you're an Elixr member.

News worth knowing: Stevie English hair salons are low chemical, eco-friendly and ammonia, paraben and sulphate free.



BALI RETREAT WITH BREE CORBETT PILATES, YOGA AND MEDITATION

Rejuvenate mind and body with this 7-day retreat based around daily yoga, Pilates and meditation. Along with delicious organic meals and relaxing spa treatments, the retreat will include workshops on holistic health and personal development. *All inclusive with the exception of flights.*

When: 25 September – 1 October 2016

Where: Desa Seni Resort, Canggu, Bali

Price: From \$2995 (AUD) Incl GST

Early bird offer: Save \$400 (AUD) Incl GST when you book and pay in full before 25 June 2016

For more information and to book

Call: 0405 932 976

Email: bree@breecorbett.com

Visit: www.breecorbett.com





YOGA OR PILATES: WHICH IS BEST FOR YOU? BREE CORBETT

It's a question often asked in health and fitness centres around the world: "Which is better, yoga or Pilates? And which will give me the best results?" The answer is, it depends – on you, on what health and fitness means to you, and on what you're trying to achieve.

Yoga and Pilates have evolved independently in different corners of the world: yoga in India, and Pilates in Germany. While they are different disciplines, they both have benefits for the mind and body – and together they are a powerful combo for holistic health and wellness.

Yoga: union of the body, mind and breath

I have found yoga to be incredible for relieving stress and anxiety, and for developing resilience, which I believe is crucial for long-term happiness. Yoga's focus on correct diaphragmatic breathing activates the parasympathetic nervous system, the key system that allows us to feel calm and peaceful. When our body is calm and peaceful it burns energy efficiently (it helps to burn fat),



strengthens our immune system and calms our monkey mind.

Pilates: posture, alignment and core conditioning

I have seen first hand the impact a regular Pilates practice can have on the rehabilitation of a back injury. Unable to

sleep from chronic pain and fearful of being on pain medication for the rest of my life, I started practicing Pilates 3–4 times a week. Within 3 months, I was pain free. Understanding that the foundations of functional movement and athletic performance all stem from core strength, correct alignment and posture,

I knew Pilates was going to be a permanent fixture in my life.

If you're interested in finding out more about these disciplines and immersing yourself in a Pilates, yoga and meditation experience, book your spot for my Bali retreat in September 2016.

For more information, visit www.breecorbett.com



SHADOW YOGA TREVOR TANGYE

"Yoga is a system of self-cultivation by which the individual frees himself from the burden of the world and its bondage." (Shandor Remete, *Shadow Yoga*, p16.) Shadow Yoga is a specialist approach to Hatha Yoga and has been designed for modern students, with a simple, direct and systematic approach.

Approach

"Preparatory forms are essential for the learning of and the unfolding of the energetic principles of the yoga practice." (*Shadow Yoga*, preface.)

The preliminary work is designed to remove obstructions from the peripheral system, (arms and legs generally, but also neck and shoulders). It can be deceptively simple and is done to make the life force flow freely in the body without strain.

The preludes develop power and openness in specific parts of the body. For example, the aims of the Balakrama prelude are to strengthen the bones, purify the blood and give awareness of the first chakra. The stances focus on beginning with the feet as a source of energy. It is the consistent work on the feet, shins and thighs that make Shadow quite different to other schools of yoga.

Shadow Yoga takes quite a different view of "flexibility" compared to the traditional yoga schools who treat flexibility as muscular, instead "flexibility of the whole body can be achieved through the proper manipulations of the ankles, wrists and neck." (*Shadow Yoga* p.17)

It is useful to note a beginner need only take 24 minutes for energy to cycle freely through the inner organs beginning with the lungs and ending at the liver.

Benefits

The benefits include: a quieter more stable mind, much stronger legs, purified bloodstream, relief of spinal ailments including lower back and neck, slower, deeper, steadier breath, and much better access to

the traditional yogasanas.

It is best to approach the yoga out of love, joy, maybe curiosity, but not in order to "get something".

Join Trevor for his Shadow Yoga Course starting Saturday 25 June 2016.

To register, visit elixr.com.au/shadowcourse





MEMBER PROFILE
JENNY QUIGLEY: OCEAN CHALLENGE

Huge congratulations to Elixr member Jenny Quigley, 70, who completed the annual Balmoral Swim for Cancer on 13 March 2016. We hope her story inspires you to take on a challenge of your own...

I've been an Elixr member for a number of years and in that time I've managed to rehabilitate a knee injury and avoid having surgery through Pilates and regular exercise. And at 70 years old, I decided to take on a big challenge – the Balmoral Swim for Cancer, an annual 1km harbour swim.

Over the years, I've watched and admired those who've participated in this event – especially considering the sharks and other creatures that are in the ocean with you! This year, however, with plenty of encouragement from friends and family, a



friend and I decided to take the plunge. Our training began in earnest and our routine included a mix of Pilates Mat and Group Reformer classes, walking and swimming – building up to 20x50m laps in the Balmoral pool, which we assumed would be equivalent to a kilometre. Well, I can assure you that swimming in an ocean pool is very different to swimming in the 'big' ocean! On the day, we felt like we were in a washing machine, being smashed every which way – although I've since been told the sea was flat that day! We did it though, and it was an amazing feeling to complete the swim – I didn't even think about what was in the water beneath me. And that night, we started googling 'ocean swims' to see where the next one would be...



MEMBER PROFILE
GEORGIA GIBBS

There's no doubt about it, Georgia Gibbs' star is on the rise. After finishing in the top six of the 2014 Miss Universe WA competition, this Perth born and raised beauty (she hails from the suburb of Wanneroo) has travelled the country in pursuit of her dreams. Today, she's signed to SCOOP MGMT in Sydney – not to mention various other agencies around the world – where she's fast making a name for herself. We caught up with her in between the busyness of Fashion Week Australia and took a quick peek into her glamorous world...

What does a typical day in the life of Georgia Gibbs look like?

It really isn't that exciting. I wake up, work out (I love working out in the morning), grab a coffee followed by breakfast, work all day, and then prep for the next day when I get home. I usually eat YouFoodz for dinner so I don't have to cook – the meals are quick and healthy and save me so much time.

What do you love most about your job?

I love that it's a challenge every day,

that every day is different and that I'm surrounded by new people all the time.

How long have you been an Elixr member?

For almost a year – since I moved to Sydney from Melbourne.

Which class do you enjoy most and why?

Pilates Reformer – it's the reason I joined Elixr in the first place. Nothing works my core and glutes more, but I somehow leave the class feeling refreshed and relaxed, too.

How do you stay motivated during winter?

Regardless of season, I think

letting your hair down over the weekend contributes to a healthy mindset during the week. And by letting your hair down, I mean eating whatever you want to, only working out if you feel like it, having a glass or two of wine and enjoying good company. Life's definitely too short to be strict all the time.



ELIXR TEAM MEMBER
BEC WILES: WORLD'S GREATEST SHAVE

Bec will be taking part in the World's Greatest Shave and would love everyone to support research in leukaemia, lymphoma and myeloma. To donate go to worldsgreatestshave.com, click the 'Sponsor' button top right and then enter the name Bec Wiles. Read the full article at elixr.com.au/blog

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