



## CHEW ON IT

WITH RICHARD CHEW

### WHY CAN'T WE JUST GET ALONG?

It disturbs me that there's so much conflict in our world, so I decided to do some research into why it is that people can't seem to get along with each other. Here's what I discovered:

When we have a problem, it typically leads to insecurities, anxiety and conflict and our default mode is to be reactive – we respond emotionally rather than rationally. The reactive mind appears to go back to our fear response from the early vertebrae days where it was either fight, flee or freeze. In other words, a reactive response is a protective mechanism. It is not a conscious choice and when we are reactive, we aren't using our rational mind, or as my counsellor would describe it, our wise mind.

If we choose to respond with a wise mind, where we reflect, relate and relax, we are then able to achieve a calm state where our mind is clear, and rational thinking is possible. In this headspace, we are more likely to be compassionate and tolerant and see things from a positive perspective. This sets us on a path to finding a solution,

which results in peace and harmony in life. Now let's think about the silly season, where family is involved. While it's easy to deal with the family members we get along with, the ones we don't get along with can be a real challenge. Here's what I do:

With the people I love and get along with, I laugh a lot with them and let them know that I love and appreciate them. With the people I love, but do not get along with, I stay civil and maintain a safe distance – physically and metaphorically.

Above all, I watch my words and avoid being sarcastic, although I know that my provocative sense of humour still needs some work! If you can't make things better, don't make it worse.

### THANK YOU

Elixir has become a community that is an important part of many people's lives and I wish to express my thanks and appreciation to all involved – our members who support our little world, and our wonderful staff, instructors and teachers who make it such a special place to be.

## INTRODUCTION

It's December. Again. And while you spend a moment wondering how we've managed to get to the end of the year so quickly, here's a look at this month's line-up. Resident acupuncturist and Chinese herbalist - Jinny Koh, takes a (much-needed) look at how to tackle festive season overindulgence, Pilates instructor - Katrina Ward, keeps your exercise routine on course with a travel-friendly Pilates routine, and Elixr nutritionist - Mogestri Pather, helps us navigate the Christmas party snack table. And that's just for starters. Have a safe, happy and re-energising holiday season! We look forward to seeing you in 2017.



*3 Day Pass*  
FOR YOUR FRIENDS

IF THEY JOIN YOU GET 4WKS FREE

## HOLIDAY HOURS

The holidays are almost here. Hooray! Please take note of our adjusted schedule for December and January.

DATE	HOLIDAY	BLIGH STREET	BONDI JUNCTION
MON 19-THU 22 DEC	NORMAL	6.00AM - 9.00PM	6.00AM - 9.00PM
FRI 23 DEC		6.00AM - 8.00PM	6.00AM - 8.00PM
SAT 24 DEC	CHRISTMAS EVE	7.30AM - 12.00PM	7.30AM - 2.00PM
SUN 25 DEC	CHRISTMAS DAY	CLOSED	CLOSED
MON 26 DEC	BOXING DAY	CLOSED	7.30AM - 2.00PM
TUE 27 DEC		CLOSED	7.30AM - 2.00PM
WED 28-THU 29 DEC	NORMAL	6.00AM - 9.00PM	6.00AM - 9.00PM
FRI 30 DEC		6.00AM - 8.00PM	6.00AM - 8.00PM
SAT 31 DEC	NEW YEARS EVE	7.30AM - 12.00PM	7.30AM - 2.00PM
SUN 1 JAN	NEW YEARS DAY	CLOSED	CLOSED
MON 2 JAN		CLOSED	7.30AM - 2.00PM
THU 26 JAN	AUSTRALIA DAY	CLOSED	7.30AM - 2.00PM



## SEASON'S EATING

MOGESTRI PATHER, ELIXR NUTRITIONIST

The holidays may be a wonderful time to celebrate and take a break from routine, but be warned: It's estimated that Australians gain an average of 0.8–1.5 kg over the Christmas period (Source: Nutrition Australia).

While this may not sound like very much, according to researchers, weight gained over the holiday period is very difficult to lose. What's more, it's accumulated around the abdominal section, and this type of weight gain is associated with an increased risk of cardiovascular disease and diabetes.

So, how can you enjoy your holidays while remaining mindful of your health? Here are a few festive tips and tricks to keep you on track:

- Don't arrive at a party hungry. Eat something light beforehand to reduce your chances of snacking on party food, which is often high in calories.
- Make sure you're well hydrated when you arrive, and sip water with lemon

slices throughout the party.

- Choose lighter spritzers and keep away from sugar-laden cocktails and sweet wine.
- Control your portion sizes by using smaller plates – and don't go back for seconds!
- If you do find yourself at the snack

table, avoid creamy dips, pies, sausage rolls, salted chips, pastries and cakes, opt for vegetable crudités, nuts, and slices of cheese, and enjoy dips like beetroot, cottage cheese, hummus, avocado and tzatziki in moderation.



For a healthy and very festive zucchini and egg salad recipe, visit [elixr.com.au/festivediet](http://elixr.com.au/festivediet)

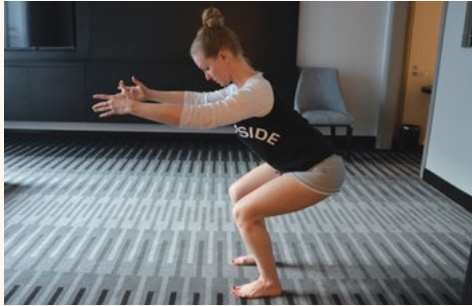
Mogestri holds a Bachelor of Health Science and an Advanced Diploma in Applied Science in Nutrition and is an accredited VLA (vitality, longevity and healthy ageing) practitioner with a personal and caring approach. To find out more information contact Mogestri, Elixr resident nutritionist, on [nutrition@elixr.com.au](mailto:nutrition@elixr.com.au) or 0414 650 515.



## PILATES ON THE GO

KATRINA WARD, ELIXR PILATES INSTRUCTOR

Whether you're travelling for work or fun, there's no need to put your training routine on hold this summer. Here's a short, travel-friendly Pilates mat routine designed to strengthen, keep you mobile, and get your heart rate up.



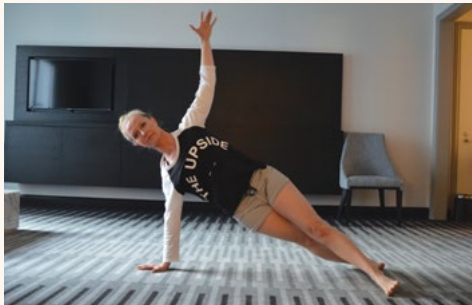
### EXERCISE 1: SQUATS

10 squats with arm reaches. Make sure your knees caps track your second toes.



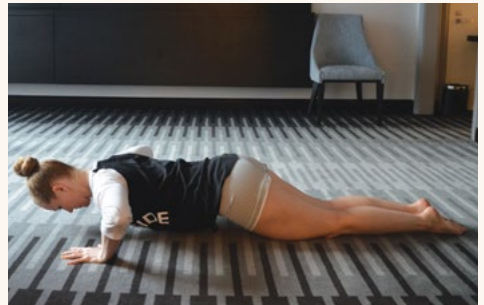
### EXERCISE 2: PLANK

Roll down to a plank, holding for 30 seconds if you can. Gently contract your abs and glutes, and keep your shoulders stable.



### EXERCISE 3: SIDE PLANK

Separate your feet and stack your hips and shoulders into a side plank to each side, holding for 20 seconds. Keep your working shoulder stable.



### EXERCISE 4: PUSH-UPS

5 Push-Ups. Modify your planks and push ups by putting your knees down

This is a teaser of the complete step-by-step video which you can watch at:  
[elixr.com.au/onthego](http://elixr.com.au/onthego)



## BEAT HOLIDAY STRESS

ALEX IVETIC, ELIXR YOGA TEACHER

Let's face it, family gatherings – especially ones like Christmas – can be stressful. The good news is that just five minutes of pranayama (breathing) or 30 minutes of asana (postures) can help you relax and remain calm ahead of these occasions. The following shortened home practice has been chosen in this sequence to relax, ground and settle the central nervous system.

### PRANAYAMA

#### ***Bramari (Black bumblebee)***

Bee breath creates a healing vibration within the body, aids sleep, promotes blood flow to the brain, and instantly relieves tension, anger and anxiety. It is a very effective breathing technique for people suffering from hypertension as it calms down the agitated mind immediately. And as it is a grounding practice, it boosts your energy without making you 'hyper'.

Sit up straight in a quiet space and keep a gentle smile on your face. Place your index fingers on the cartilage between your cheek and ear. Take a deep breath in and as you breathe out, gently press the cartilage. Keep the cartilage depressed, or press it in and out with your fingers, while making a loud humming sound like a bee. Breathe in again and continue the same pattern 6–7 times. Keep your eyes closed and observe the sensations in the body and the quietness within. You can practice

the Bee pranayama 3–4 times every day.

### ASANA

#### **1. Child's Pose**



Begin with this pose and hold for one minute. This relaxes the spine and softens the thoughts in the mind.

#### **2. Cat/Cow Pose**



Start with a neutral spine. Inhale, look up, drop belly. Exhale, curl spine upwards and tuck chin into chest. Repeat for two minutes.

This is a teaser of the complete Asana sequence, to learn more visit: [elixr.com.au/holidaystress](http://elixr.com.au/holidaystress)

*Poses modelled by Martine Allars.*





## COMBAT OVEREATING WITH ACUPRESSURE JINNY KOH, ELIXR ACUPUNCTURIST

With so much delicious food being served up at Christmas time, it's almost impossible not to overindulge at least once or twice. Fortunately, there's help at hand thanks to acupressure, a form of massage based on a system of meridians also used in acupuncture. So, when you do find yourself overeating, try stimulating the

following acupressure point:



Meridian point Stomach 36 (ST36), is found on the front of the leg below the knee, three finger widths down from the outer knee eye. Applying firm pressure to this meridian point for one minute will help strengthen digestion, reduce indigestion, abdominal pain and bloating, alleviate hiccups, and regulate the bowels.



## ELIXR SCHOOL OF YOGA TESTIMONIAL JACQUI ZHAO, ELIXR YOGA TEACHER

Jacqui Zhao, member turned teacher, was first attracted to yoga for the tools it gave her when facing life's challenges. Jacqui completed her yoga teacher training with Don Peers in November 2014 and has this to say about the experience:

"The training changed a lot for me – not only is Don an incredibly passionate teacher, he is also a compassionate mentor who guided us through any challenges we faced, both physical

and mental, during and after the training. I learnt a huge amount from Don's

training, not just about yoga and meditation, but also about myself as a person and a teacher. Currently, I work full time in the finance industry and teach yoga outside of my regular work hours. This provides me with the perfect balance".



Keen to find out more about the Yoga Teacher Training Course with Don Peers. Visit: [elixr.com.au/schoolofyoga](http://elixr.com.au/schoolofyoga)



## THE SPIDER WEB OF YOGA

DON PEERS, ELIXR YOGA TEACHER

In yoga, there are two broad general forms: Yang and Yin. While Yang yoga – Vinyasa, Power and Ashtanga – is dynamic and builds strength and movement in the muscles, Yin yoga works the fascia and joints in non-weight bearing poses.

### The practice of Yin yoga

To understand Yin yoga, you first need to understand the fascia. This matrix of connective tissue is similar in many ways to a spider's web: Tug on one thread and there's a reaction across whole chains.

Similarly, with our bodies, a problem in one part can create problems in other parts. If you think of your body as an ironed shirt, if the fascia is misaligned it becomes a wrinkled creating joint imbalances and physical difficulties.

Yin yoga is designed around stretches that target the fascia. These stretches release tension in targeted spots, ironing out the 'wrinkles' to create joint space and assist energy to flow correctly, aiding organ function in the targeted areas.

### Principles of Yin

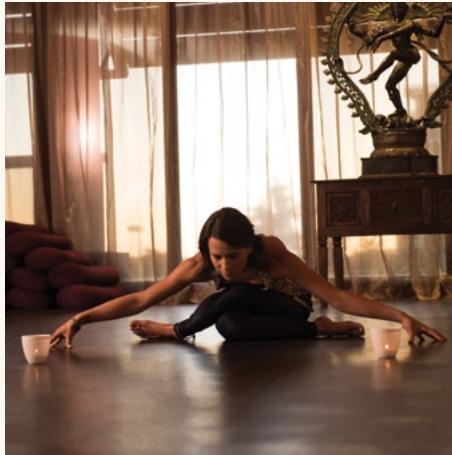
- Practise when the body is cool
- Come into the pose with the appropriate depth
- Hold poses for 5–10 minutes
- Resolve to remain still

The goal in a Yin practice is always to go deeper into the body finding safe, but challenging edges – we work at the edge of discomfort to introduce long-term change. In other words, we work to the place where we feel resistance, stay until the resistance eases, then go deeper. This edge becomes the place of meditation –

we create the stillness to stay and observe the sensation without engaging or being the sensation.

To read the complete article visit, [elixr.com.au/spideryoga](http://elixr.com.au/spideryoga)

Elixir's upcoming Yoga Teacher Training programme led by Don Peers includes a comprehensive Yin yoga module. The three-month program commences in February 2017. To find out more visit, [elixr.com.au/schoolofyoga](http://elixr.com.au/schoolofyoga)





ELIXR SCHOOL OF  
*Yoga*

200 HR YOGA TEACHER TRAINING STARTS FEB 2017  
WITH DON PEERS

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Contact Don Peers

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ELIXR SCHOOL OF  
*Pilates*

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