

## CHEW ON IT WITH RICHARD CHEW

### DEALING WITH ADVERSITY

I have been very open and personal with my ramblings in the newsletter, and this has resulted in many members feeling comfortable speaking to me about their personal struggles. In fact, I can't remember having an in-depth conversation with anyone who doesn't have life challenges to deal with. It seems to be the norm.

However, what really matters is how we deal with these challenges. A victim mentality (why me?) only intensifies the challenge by adding self-pity to the mix. It's okay to take a moment to feel sorry for yourself, but it's important to snap out of it and take on the responsibility of managing the challenge.

Adversities are a part of life. When they happen, you have to take a step back and accept them, without blaming yourself or anyone else. And then you have to resolve or manage them as quickly and as wisely as possible.

I've learnt that you don't have to do this by yourself. I migrated to Sydney at the tender age of 11 and learned to survive in a totally

foreign environment, and as a result, my survival instinct has developed quite well. But I have also discovered that it's much easier when you seek help from people who are able to support you.

As I have experienced a few traumas in the past few years, I have been seeing a wonderful psychologist who has been making a positive difference in my life. She has tutored me on how the mind works and showed me effective methods to alter my mindset.

On the flip side, I've also experienced several counsellors who have been ineffective, and have realised that it's incredibly important to find the right person to speak to – one who you connect with and who has the ability to help you.

If you want to improve your mindset, seek help but don't stop until you find the right person for you. It's wonderful when you can clear your mind of negative thoughts – your world becomes brighter and far more enjoyable.

## ENERGISE YOUR JULY

There's nothing quite like starting your day with a boost of endorphins courtesy of your favourite workout – whether that's a Pilates or yoga class or a cardio session like spin or Real Fitness Kickboxing. In need of a little extra motivation? Take a few minutes to read this month's newsletter and find out about our brand new yoga classes, be inspired by advice from Elixr member, Pilates teacher and physiotherapist Andrea Pantoja, and feel inspired by Elixr member Tim Olsen's health journey while managing his art gallery OlsenIrwin.

## WEBSITE TIMETABLE

We acknowledge the feedback received on the timetable from our members, and are working through it. We would like to remind you that the old format is also available when you click "Print or Download Timetable" from the timetable page.

## INTRODUCTORY COURSES

**FREE FOR MEMBERS AND  
TWO GUESTS**

### **Course dates**

**Pilates:** July 2 & 18 (2pm–4pm)

**Yoga:** July 9 (2pm–4pm)

**RFK:** July 23 (2.30pm–4pm)

**Meditation:** July 24 (12pm–1:30pm)

**TO BOOK YOUR SPOT  
VISIT [ELIXR.COM.AU/COURSES](http://ELIXR.COM.AU/COURSES)**

## WELCOME! ZELMA MATTHEWS REIKI & CTC THERAPIST

Zelma uses a combination of modalities, including therapeutic Reiki and Combined Therapy Cocktail™ (CTC), to help her clients achieve their health and wellness goals. This powerful combination assists those who are ready to live a life free of fears, phobias, limiting beliefs, addictions and negative emotions. It also helps address a number of health issues ranging from mental health to chronic illness.

### **Book your session now**

Zelma will be offering sessions at Elixr Bondi Junction from July 13. The first five people to book will save \$95 off the complete 2 hour CTC treatment (valued at \$495). Email [therapist.zelma@elixr.com.au](mailto:therapist.zelma@elixr.com.au) to book or visit [elixr.com.au/blog](http://elixr.com.au/blog) to read more about how Zelma found and uses her therapy.



## NEW YOGA CLASSES

We're delighted to announce that we've expanded our yoga offering to include three brand new classes: Restorative, Vinyasa and Yin. We hope to see you in one of our new classes soon. Visit [elixr.com.au/timetable](http://elixr.com.au/timetable) for the full yoga timetable.

### Restorative

This gentle class focuses on longer holds, using props and calming breathing techniques. The busier you are, the better this class will be for you – it's the perfect way to destress and unwind. This class is suitable for all levels.

### Yin

Yin yoga allows fascia and joints to open safely, and uses poses that stimulate the energy lines of the body to improve organ function. Designed to complement more dynamic yoga styles, yin uses supports and props to cultivate deep stretching and develop stillness of mind. This class is suitable for all levels.

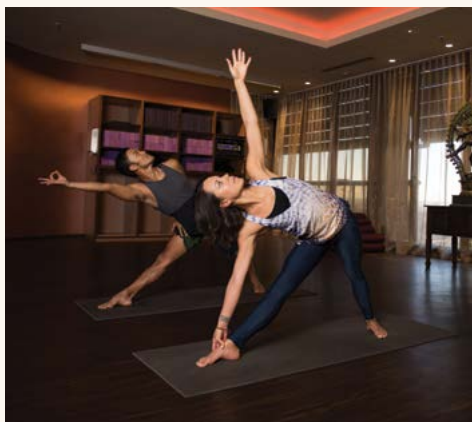
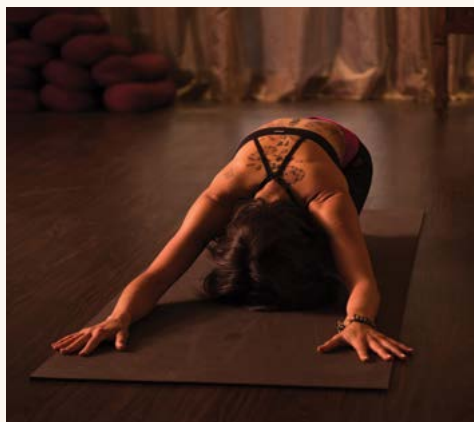
### Vinyasa

This fun and challenging class is comprised of fluid movements linked to breath, and will allow you to energise your whole body as you move from posture to posture. It is ideal for students who love to generate heat when they practice and offers easy and advanced positions.

### The difference between Restorative and Yin?

Restorative and Yin yoga have similar postures and duration of holds, but there are some major differences. Restorative works to calm the whole body by placing it in a relaxing stretch and allowing energy to recharge, always working within a comfortable zone. Whereas Yin works at the edge where you feel the stretch but are never in pain. Yin aims deeper into connective tissues and uses pose sequencing to target particular body organs.

For more info on the yoga styles offered at Elixr, visit [elixr.com.au/yoga](http://elixr.com.au/yoga).





## MEMBER PROFILE

### ANDREA PANTOJA, FOUNDER OF FLOW PHYSIO

Andrea Pantoja has a wealth of experience treating musculoskeletal and orthopaedic injuries. Since graduating from the University of Sydney in 2004 (in 2006, she added a Master of Physiotherapy to her Bachelor of Applied Science), she has worked in private practices and sports clinics in Sydney and Central London. She has also represented Australia in rhythmic gymnastics.

We caught up with this dynamo who describes herself as determined, empathetic and passionate (all true!) in between patients at her practice in Sydney's Eastern Suburbs. Here's what she had to say...



#### ***What does a typical day in the life of Andrea Pantoja look like?***

I work hard at keeping my life balanced. I try to get eight hours of sleep a night and schedule some form of exercise (usually running or reformer pilates) at the beginning or end of my day. The the rest of my time is filled with my wonderful patients.

#### ***What is the most important thing in your life?***

Family and health.

#### ***What do you love most about your job?***

I love helping people and equipping them with the skills to live a healthier life. Most of all though, I love helping them understand their body.

#### ***What is your definition of success?***

Living a fulfilling and meaningful life.

#### ***What advice***

***can you offer***

***Elixr members***

***when it comes to avoiding injury?***

First and foremost, listen to your body. Learn to distinguish between “good” meaningful discomfort and “bad” harmful joint or muscle pain.

Next, listen to your instructors' cues and focus on learning correct movement patterns and technique. Finally, be mindful in both training and everyday life – become aware of the way you hold yourself, move, lift – and avoid prolonged static postures which leave you tight and weak as this will affect your training.

For the full article, visit [elixr.com.au/blog](http://elixr.com.au/blog)



## MEMBER PROFILE

TIM OLSEN, GALLERY OWNER OF OLSENIRWIN

Art dealer and gallery owner Tim Olsen is one of Australia's most recognised and respected art identities. He's also a long-time Elixr member who has lost a staggering 47kg. Here he shares some insights from his health and wellness journey.

### ***What do you love most about your work?***

Dealing with beautiful objects and educating people at the same time. While most people see art as decoration, I see the pursuit of art as also being an educational and spiritual endeavor. I also enjoy meeting people from all walks of life.

### ***Which Elixr class do you enjoy most and why?***

I enjoy the Pilates reformer class immensely because it develops flexibility and core strength, and builds lean muscle which suits my body type. I enjoy Rachel's class in particular, as she is able to address the room as a group but also provides a sense of individual attention as if she cares about every person in the room.



### ***You lost an incredible 47kg – can you tell us a bit about this journey?***

While I was fit and a good athlete when I was younger, by 40 I was a walking time bomb and had lost my self-respect and self-esteem. My work included much lunching and dining, and my body type put me at risk for a number of health issues. One morning

I looked at my beautiful young son and knew he deserved better. I was letting him down by not being able to be active and present with him, and from that day, his happiness became my driving motivation.

I came to realise that you can't think your way into a new life; you can only live yourself into a new way of thinking. My new physical and mental attitude turned me into a person that now embraced life fully. It took much work that in turn blessed all the people in my life as well. My love for life now permeates everything, from work to family and more.

For the full article, visit [elixr.com.au/blog](https://elixr.com.au/blog)

# MINFULNESS MEDITATION COURSE

DON PEERS, ELIXR YOGA TEACHER

*"We are the mind," said the Buddha,  
"...when we allow the mind to become  
calm, so do we become calm."*

Let yoga teacher, Don Peers, help you develop a meditation practice for stress reduction, relaxation and deeper insight. His 6-week course focuses on a Vipassana or mindfulness meditation method of practice first expounded by the Buddha over 2,500 years ago, and explores techniques and methods proven over millennia to achieve harmony and awareness.



## BONDI JUNCTION

**COURSE DATES:** July 29 & Aug 5, 12, 19, 26 & Sept 2 (Fridays)

**TIME:** 10.45am–11:30am

**COST:** Cost \$130

**REGISTRATIONS:** [elixr.com.au/donmeditation](http://elixr.com.au/donmeditation)

## BLIGH STREET

**COURSE DATES:** July 27 & Aug 3, 10, 17, 24 & 31 (Wednesdays)

**TIME:** 11.30am–12:15pm

**COST:** Cost \$130

**REGISTRATIONS:** [elixr.com.au/donmeditation](http://elixr.com.au/donmeditation)

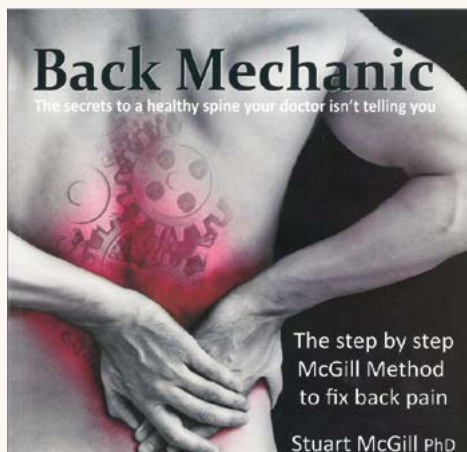
**BOOKINGS ARE ESSENTIAL**

## ELIXR EDUCATION

### STUART MCGILL, PROF. SPINE BIOMECHANICS

*Elixr Education is pleased to announce that it is distributing selected Professor Stuart McGill books and DVDs in Australia.*

A world renowned spine expert, Prof. McGill has used his 30 years of research findings and clinical investigations to write "*Back Mechanic*", an evidence-based guide that has helped thousands reclaim their lives. If you experience back pain, this book will guide you through a self-assessment of your triggers and show you how to avoid the roadblocks to recovery.



Sound like a book you need to get your hands on? Email Katrina at [edu@elixr.com.au](mailto:edu@elixr.com.au) to order your copy today.



# ELIXR *School of Pilates*

COURSES FOR ASPIRING  
TEACHERS AND ENTHUSIASTS

**NEXT COURSES START SEPT 3**  
EARLY BIRD PRICES AVAILABLE TILL JULY 29

Email Katrina at [edu@elixr.com.au](mailto:edu@elixr.com.au)

IT'S HOW I

# *Lift My Mood*

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## *3 Day Pass*

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AT RECEPTION

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IF THEY JOIN IN JULY YOU BOTH  
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