



CHEW ON IT

WITH RICHARD CHEW

RESPECT

While in a car with a friend and her father recently, an argument started between them and he became verbally abusive, demanding respect as her father, while at the same time calling her names.

The fact is that respect does not come (nor should it) with any position of authority and demanding it doesn't work. Often, those who demand it tend to be arrogant and/or have insecurity issues. Respect must be earned. It's as simple as that.

Having been in the martial arts world for decades, I have unfortunately witnessed an abundance of arrogant and poor behaviour: instructors expecting their students to be loyal and respectful because of their position, and yet their words, actions and behaviour do not deserve respect.

So, how do you earn respect? Simple: through your words, actions and behaviour and getting each of these right requires a foundation of humility, integrity and generosity.

Fortunately, I understood this when I became a karate instructor at the ripe old age of 15 as being much younger than all of my students, I had to work at earning their respect.

Having humility was the easiest, as I was just a kid with nothing to be arrogant about and had to earn my stripes.

As a teacher, I had to ensure I had integrity, knowledge and understanding, so these were the areas I focused on and continue to do so.

Generosity is all about giving, and at that time it was not difficult for me, as to earn the trust and respect of the students, I happily and willingly gave my time and shared my knowledge in order to be a good instructor.

The lesson? Treat everyone with respect. And if you really can't be nice, at the very least, don't be nasty.

To read the full article visit,
elixr.com.au/respect

INTRODUCTION

Our members are not the only ones getting ready to meet summer with confidence - our clubs are also shaping up ahead of the sunny season, and you can find out all about it below. You're also invited to register for our seminar on addiction, discover the best ways to treat neck pain, and take a fascinating peek into the behind-the-scenes world of The Australian Ballet with soloist, Andrew Wright. Happy reading!

INTRODUCTORY COURSES

FREE FOR MEMBERS AND
TWO GUESTS

Pilates: Nov 5th & 19th (2pm - 4pm)

Yoga: Nov 12th (2pm - 4pm)

RFK: Nov 5th (2.30pm - 4pm)

Meditation: Nov 27th (12pm - 1:30pm)

TO BOOK YOUR SPOT
VISIT ELIXR.COM.AU/COURSES



A REFRESHING NEW LOOK

Exciting news: we're giving our clubs a brand new look! You'll notice several changes over the next few weeks, but rest assured that one thing that won't change is the tranquil space we've created where you can energise your body and calm your mind. And while we appreciate that renovations can be frustrating (thank you for your patience during this time!), we're certain that once you've seen the end result, you'll agree that it's all been worth it.

FROM OUR RECEPTION DESK

To ensure that we all enjoy the very best Elixir has to offer, please take note of the following friendly reminders from our reception team:

Be mindful of the 5-minute cut off for all classes and make it a priority to arrive on time

Wear shoes on the gym floor and in the cardio room at all times

Use a sweat towel during training

Wipe down the equipment including reformers before and after use

Shower in the pool area before getting into the pool

Dry yourself off before leaving the pool area



DANCER PROFILE

ANDREW WRIGHT, THE AUSTRALIAN BALLET

The Australian Ballet is currently in rehearsals for *Nijinsky*, a ballet depicting the soaring rise and tragic fall of ballet legend, Vaslav Nijinsky. We caught up with soloist, Andrew Wright, who brings his celebrated artistry to the role Pretushka, and spoke to him about life as a member of the company, the importance of maintaining peak physical fitness, and the future.

What does an average day look like for dancers of The Australian Ballet?

When we're performing, our daily ballet class starts at 11am and leads into rehearsals until 3pm. These rehearsals are typically for a ballet other than one we're

performing. After this, there's a break until warm-up barre at 6.30pm when we prepare physically for the show. The break gives us time for supplementary Pilates or gym work as well as physio and myotherapy, if required.

How do you prepare in the hours leading up to a performance?

I like to have a decent-sized healthy lunch and will 'top up' with a banana and muesli bar just before the performance. I typically won't eat dinner until after a show.

I'll engage in Pilates exercises geared towards my body's needs, and possibly a physio appointment. I like to have my hair and makeup done before warm-up barre, so that I can spend the time before the performance focusing on the choreography and getting into character.

How important is having a strong core for a ballet dancer?

This is absolutely essential. So much of our movement stems from our core, and its strength is central to spinal health and correct posture – particularly crucial to us guys when we are partnering the ladies, especially with any of the big overhead lifts.



Photography Kate Longley

How long have you trained at Elixr?

Since the beginning of the partnership with The Australian Ballet in 2008. The reformers at Elixr are a fantastic resource for us.

For the full interview visit, elixr.com.au/andrewwright

Elixr members can enjoy 10% off

Tickets to *Nijinsky* at the Sydney Opera House from 11 - 28 November 2016. To book visit: australianballet.com.au/nijinsky and apply code ELIXR



SPRING CLEAN YOUR MIND

YUKI NAKAZAWA, ELIXR YOGA TEACHER

Pranayama is the original term for the breathing exercises of yoga. Prana means inhalation and is comparable to the word inspiration, which in certain contexts means to breathe in. Figuratively, *Prana* means vitality. *Ayama* on the other hand means stretching or extension. Put the two parts together and the result is 'breath stretching' that is linked to feeling better.

The benefits of Pranayama

Pranayama not only increases lung capacity and strengthens breathing and spinal muscles, it also airs out alveoli which are rarely used to their full capacity.

In addition, the movements of the thoracic diaphragm and intercostal muscles stimulate lymphatic circulation, which drains cell waste products and transports immune cells and certain nutrients.

And lastly, nerve receptors in the nose and chest relay information to the brain concerning the rhythm and depth of the breath. When the brain is 'told' that the



breath is slow, smooth, deep and nasal, it interprets this data as indicating a low-stress situation.

Reducing stress, or more specifically, the levels of the hormones adrenalin and cortisol in the blood stream, is beneficial to health and wellbeing as the prolonged presence of stress hormones suppresses the immune and digestive systems as well as mental functions like logic, learning and empathy.

Good to know

It's vital for beginners to learn the technique under the supervision

of a well trained teacher as mistakes can cause problems.

If you would like to learn Pranayama with Yuki, come to his Sunday 10:30am class at Bondi Junction.



DANCING SHIVA & YOGA SYMBOLOGY

DON PEERS, ELIXR YOGA TEACHER

Ever wondered why there's a dancing Shiva (Nataraja) in our yoga studios? Shiva, the deity of yogis, dances with wild abandon, with his braids swaying across the universe, upon the demon of ignorance. His dance is the very nature of life.

Shiva's upper right hand holds a drum creating the rhythm of life, while his upper left hand holds the flame of destruction of all creation. Together, they are in harmony and bring balance to the universe.

His lower right hand is in Abhaya Mudra, a gesture depicting the energy of patience, perseverance and compassion. These qualities free us from fear, allowing us to follow our Dharma (life's purpose or path). His lower left hand points to his lifted foot to symbolise the overcoming of obstacles. He has a gentle smile showing he is serene and untouched in the midst of the "flames of life".

The statue depicts the purpose of yoga – life has creation but also an inevitable end. The acceptance of Dukkha or "unease" is the beginning of the journey. This "unease" can range from

a slight annoyance to anger, hatred and depression, and can cause a range of issues from a restless mind to stress, angst, rumination and depression.

Shiva's gentle bemused smile tells us life is not a search for happiness, but a journey of understanding – finding acceptance by discovering contentment.



This doesn't mean that we shouldn't be proactive (Shiva's dance of creation), but that we should understand the influence the world has on our life. The natural order of the universe is change – this is evolution. There is creation, growth and death, and these are the life circle of flames

that Shiva dances in. This does not mean that we don't feel pain, but we accept it as part of living and growing.

This is the dance of yoga and the message of the Bhagavad Gita and yoga Sutras, two ancient texts we will be reviewing in the upcoming Teacher Training program. If you want to read more about the **200 Hour Yoga Teacher Training with Don in Feb 2017**, visit elixr.com.au/schoolofyoga



THE PAIN IN YOUR NECK

JINNY KOH, RESIDENT ACCUPUNCTURIST

Do you suffer from neck pain? You're not alone. Approximately 60% of the patients I see suffer from neck discomfort, stiffness or pain, though not necessarily as their primary complaint. It can be triggered by poor posture – often from sitting at a desk all day or sleeping in an awkward position – is sometimes related to stress and tension, and can result from trauma such as falls and whiplash.

While neck pain can be so mild that it presents as nothing more than an annoyance, it can also be so severe that it affects your quality of life. It can present as acute stiff neck or chronic neck and shoulder pain, usually associated with stiffness, and can at times be one-sided, where the neck may feel like it is misaligned. So, what are your treatment options?

Acupuncture

Acupuncture is based on a system of meridians – a network of channels running through the body that integrates all of its functions. This approach promotes the healing of damaged tissue, releases adhesions formed from prolonged inflammation, releases muscles and fascia,

and treats the underlying sources of tension. Acupuncture typically involves treatment of local points at the injury site and related structures, as well as acupuncture points along the meridian. It brings rapid relief from symptoms, with most people experiencing a reduction in pain and tightness after the first treatment.



Exercise

Gentle neck and shoulder rolls help loosen the surrounding muscles and where possible, 10 repetitions of each exercise should be performed every hour throughout the day.

Heat

Application of heat can often relieve tension and neck muscle spasm (with the exception of acute neck injury).

Jinny Koh is an experienced acupuncturist and Chinese herbalist and holds a Bachelor of Traditional Chinese Medicine. She specialises in women's health, fertility and pregnancy and treats a broad range of conditions from stress, digestive problems, and chronic pain to sports injuries and musculoskeletal issues. If you'd like to book a session with Jinny, please contact her on 0405 699 382 or therapist.jinny@elixr.com.au

DEALING WITH ADDICTION

SEMINAR

Hosted by Elixir founder, Richard Chew, who has supported family and friends struggling with addiction, this session will address alcohol, drug, food and sex addiction and provide answers to the following key questions:

- Is addiction a disease?
- What treatment options are available?
- How do you support family and friends struggling with an addiction?

Guest speaker

Cameron Brown is a registered psychologist specialising in addiction recovery. He predominantly uses Cognitive Behavioural Therapy techniques and has a strong interest in existential and acceptance-based approaches.



DETAILS

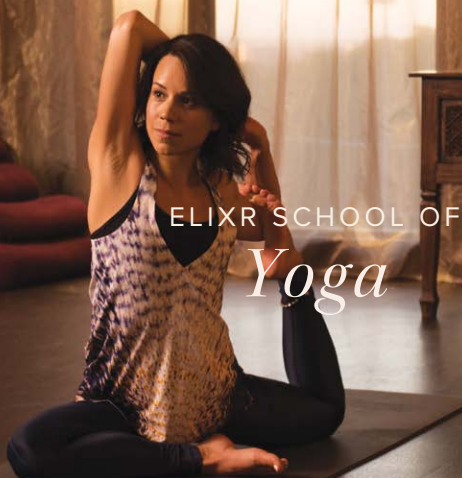
DATE: Thursday 10th November 2016

TIME: 7:00pm – 8:00pm

VENUE: Elixir Bondi Junction

REGISTRATION: elixr.com.au/addictionseminar

WELCOME: Members and two guests



ELIXR SCHOOL OF
Yoga

200 HR YOGA TEACHER TRAINING STARTS FEB 2017
WITH DON PEERS

Course Content: Asana, Pranayama, Kriya, Bandha and Mudra, Meditation,
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Contact Don Peers

0412 152 257 | yoga.don@elixr.com.au
elixr.com.au/schoolofyoga



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PILATES TEACHER TRAINING STARTS FEB 2017

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Contact Katrina

02 8113 8808 | edu@elixr.com.au
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