

A MESSAGE FROM CHRISTIAN...

I feel it's time I share with you all how I stumbled into the Health and Wellness world many years ago, back in 2003.

Playing shops...

I recall growing up and playing shops in my father's shed at the tender age of 6. Any spare time I had was spent servicing imaginary customers, having stocktake sales and teaching my team of non-existent staff. I got my first job at a second hand dealership as a retail assistant at just 13 (that was, and still is, illegal). School holidays would be spent working, as that's all I wanted to do.

All I ever wanted, from a very young age, was to run and operate a 'business'. I didn't know what that business looked like, but I knew that was my calling (purpose) in life.

What happened in 2003...

I was in the corporate retail and entertainment world managing and leading a large team on a national and state level. I progressed up the 'corporate ladder' quite rapidly in the organisations I was leading. What came with this were enormous amounts of stress as I was 'young' and 'inexperienced' with 'dealing with stress'.

My co-workers and friends encouraged me to exercise as they insisted it would reduce my stress levels.

I had a light bulb moment one day in 2003, when I was sifting through the career pages of the local newspaper (this is really showing my age!). I stumbled across a 'Club Manager' position for a health club operator who was branching into the Melbourne market. I remember thinking, "Imagine working in a health club and being able to exercise anytime of the day... I'd have NO STRESS!" This is what made me apply for the role, although I presumed they'd be looking for a candidate with industry experience. Little did I know, they were actually seeking an individual with solid business acumen.

13 years later and still going strong...

I left the industry for a little while (12 months to be exact) as I thought I needed a change (and thought I had learnt it all!). I realised shortly after leaving that I had made a poor decision, as I was missing the POSITIVITY and EMPOWERMENT the health and wellness industry provided.

It's one of the only sectors that 'gives back' and we can seriously change people's lives for the better!

Living the Dream...

I'm not going to lie and say every day is AMAZING, because it's not. However, 95% of the time it is.

The role is all about making decisions and changes that ultimately benefit our members. I've always said that every decision I make, I do with our 'member's best interests in mind'.

My team and YOU (our members) are what keep me coming back for more. We have an amazing group of talented (and POSITIVE) beings that makes coming to 'work' all the more enjoyable.

What's next?

Members and staff constantly ask me, "What's next? Are you planning on expanding further and opening more clubs?" Expansion for the sake of expanding simply doesn't interest us. It's not what drives Koula and I. We've always said that we never want to lose control of what we have created, and that's what will happen if we simply open clubs on every corner. We're a FAMILY BUSINESS and plan to stay that way.



MY BABY IS TURNING 1

I love the fact that so many of you ask me how baby Lucas and Koula are going.

Koula's doing really well and I'm SOOOOOO grateful that she's back at Kaya supporting our Emporium club. You'll see her at Emporium three days a week. On the other two days she looks after our little bundle of joy, Lucas.

Lucas is doing really well. He's now 11 months old and crawling everywhere. He's such a happy little boy that always brightens up my day. I long to get home at night (just before he goes to bed) so I can have 'us time' together. My unwind time is bath time and just chilling with him on the couch each night.

Having Lucas has changed our lives. Things that we'd normally not think twice about doing, now take extra time to do and/or careful consideration; however, I wouldn't change it for the world.

Once he starts walking, you'll no doubt see Lucas in the club helping out his dad. I'll never force anything upon my Lucas, but who knows... You may see him 'playing shops' in the years to come at Kaya... although his 'shop' won't be imaginary.



CLUB NEWS—HAPPENINGS AT KAYA

We're constantly reviewing our class schedules to make sure we provide classes at times that suit our community, along with class styles that are most popular. Here are the NEW classes:

EMPORIUM CLUB

CLASS	WHEN
Express Boxing (Jose Garcia)	Tuesday 5:45pm (30 mins)
Yoga NIDRA (Wendy Praud)	Wednesday 1:00pm (30 mins)
Box Fitness Circuit (BFC) (Andrei Schiller-Chan)	Wednesday 5:45pm (45 mins)
Reformer Pilates (GRC) (Jodie Sheehy)	Saturday 11:15am (45 mins)
BARRE (Jodie Sheehy)	Saturday 10:30am

PRAHRAN CLUB

CLASS	WHEN
Yoga HATHA (Ashleigh Dickenson)	Monday 7:30am (60 mins)
Yoga HATHA (Josh Blau)	Wednesday 7:30am (60 mins)
Yoga YIN (Ali Fria Garcia)	Friday 6:30pm (60 mins)
Express Boxing (Benny Sinclair)	Tuesday 9:30am (45 mins)

FANCY A MASSAGE?

It's time you Experience our Resident Masseur



JOANNA BEECHER
EMPORIUM CLUB
Dip. Remedial Massage



Joanna specialises in remedial, sports and pregnancy massage. Her unique approach is always tailored towards her clients' specific needs.

With over seven year's experience, Joanna offers a calm, restorative experience through her skilled and professional approach to massage.

SPECIALISING IN:

- Intense deep tissue massage
- Therapeutic remedial techniques
- Relaxing spa quality massages
- Nurturing & tailor made massages
- Relieving tension & improving wellbeing

E: message.emporium@kayahc.com.au
T: 0488 416 555

INTRODUCTORY PILATES | YOGA COURSES

Education creates Confidence

Kaya Introductory Courses are intended specifically for individuals who may be new to the disciplines and seek a slower, more comprehensive introduction.

During the course, students will be guided through exercises and will learn the terminology used in Pilates and Yoga.

Our courses teach students:

- Philosophy
- The fundamentals of the discipline
- How to use the equipment correctly and safely
- How to perfect technique

Yoga Introductory Course Dates:

18th June

Course Duration: 2 hours; 12.30pm-2.30pm

Pilates Introductory Course Dates:

14th May & 18th June

Course Duration: 3 hours; 12.30pm-3.30pm

Course location: Courses take place in the nurturing, ambient, and premium surroundings of Kaya PRAHRAN

How do I book?

Book at Reception or online at kayahealthclubs.com.au/education

Cost?

FREE for Kaya HOME and CORE members.
Non-members \$80.00



BALI RETREAT

FITNESS | NUTRITION | MINDFULNESS

Join us in Bali for a week of fitness, nutrition and mindfulness.

BROUGHT TO YOU BY:

Elle Hodgeman - Kaya Pilates | Barre Instructor

Suzi Christl - Kaya Resident Personal Trainer | Boxing Instructor

KAYA WELLNESS is super excited to support our very own Suzi and Elle and this amazing Retreat that they're creating exclusively for YOU, our Kaya Members...

FIT FOOD RELAX RETREAT is the ultimate 7 day/6 night health retreat where you get to escape the hustle and bustle of life to fully focus on your fitness, clean eating and well being. Set on the lush and unspoilt east coast beaches of Bali, secluded from traffic, pollution and crowds. A peaceful oasis where you can rest, refuel and recharge.

WHEN: September 10th to 16th 2016

WHERE: Keramas, Bali.

DURATION: 7 days and 6 nights

WHAT: Daily fitness activities include yoga, pilates, boxing, HIIT and functional training. Clean, nutrient dense meals and snacks. Massages, meditation, sunrise volcano hike, stand up paddle boarding, surfing and much more.

PRICE: \$2199 - KAYA Members (\$2499 non-members)



For more information and to book your place go to: fitfoodrelaxretreat.com

MELISSA AMBROSINI BACK BY POPULAR DEMAND

THE GODDESS GROUP

SATURDAY JULY 23RD - 11:00 AM TO 1:00 PM

KAYA | PRAHRAN

We're honoured to have this amazing and inspirational human in our home again this July....

Are you craving juicy inspiration to keep you on track and catapult you toward living the life of your dreams?

Are you searching for soul fuel and sistership? Want to come hang out and connect with Melissa?

Join Melissa Ambrosini for The Goddess Group here at Kaya.

These potent two hour sessions are like a nourishing top-up for your soul. Each session kicks off with a guided meditation. Melissa then delves into the week's topic, and shares her personal techniques which will help you break through challenges and squeeze the most out of life. She wraps up with an interactive Q&A session, where you'll get a chance to ask her about anything that's got you stumped and stuck.

You'll walk away feeling uplifted and inspired.

So if deep connection, divine feminine energy, and sacred soul expansion sound like your cup of herbal tea, The Goddess Group is for you...

THE DETAILS:

Please arrive at 10.45am for an 11am sharp start. Doors are closed at 11am as we will begin with a meditation.

There are only 20 spots remaining so make sure you purchase your ticket QUICK. Tickets are only \$20.

Please remember to bring a comfy cushion to sit on, something warm to wrap around you for the meditation, and also a pen and notebook to write down some notes.

To **BOOK** go online at kayahealthclubs.com.au/education



YOGA WORKSHOP

BY JOSH BLAU | KAYA YOGA TEACHER

EVENING OF REST & RESTORATION

Join Josh as he guides us through a night of restoration and rejuvenation. We will start the evening with a gentle restorative sequence, working on connection to the breath, body, mind and soul. Students will then work through some delicious restorative Yin postures to help open and unlock the blocked areas of the body. Ending with a yummy Savasana and Yogic sleep

40 minutes of Yogic sleep is equivalent to 2 hours of REM sleep.

With his guitar and harmonium he will be ending the night with some meditation and chanting to ease the soul and restore you from the busy week and prepare you for bliss.

REST & RESTORATION

Date: Friday 24th June

Time: 6.30 - 7.30pm

Location: Kaya PRAHRAN

Cost: Member Price \$45

Non-member Price \$55



PERSONAL TRAINING

Accelerate your Fitness goals with our highly qualified and experienced Personal Trainers...

Purchase our Kaya Personal Training Fitness Introductory Pack for only \$60.00*

2 x 30 minute Personal Training sessions

Our Trainers provide:

- Motivation & Guidance
- Expert Advice
- Results

See reception for more information

1 intro pack per member • 1st time PT clients • bookings based on PT availability • Pack must be booked within 30 days of member joining • not to be used with any other PT offer • 24hr cancel notice required otherwise full fee applies • expires 30/06/16



Live a **Healthy, Happy** and **Successful** life...

COMPLIMENTARY FOR OUR MEMBERS AND THEIR GUESTS

THESE YOUNG ENTREPRENEURS WILL TALK ABOUT:

- How to get an idea off the ground
- How they started a business from nothing
- The biggest challenges in running a business and how to overcome them
- Their top tips for goal setting and turning dreams into a reality
- The most valuable tips for business today



SARAH HOLLAWAY

Sarah is a mergers and acquisitions lawyer turned entrepreneur following the unexpected success of Matcha Maiden – the health food company she and Nic founded late last year. As a die-hard foodie, this was a natural albeit overdue shift in focus for Sarah, who now spends even more time café-hopping and eating everyone out of house and home.



NIC DAVIDSON

Nic is a serial entrepreneur having always run his own show, but Matcha Maiden is his first venture into the wellness and retail scene. He has been an international athlete, run a high-end events company, and now owns a full-service digital and creative agency, an aerial asset photography company and a tech start-up working on artificial intelligence.

WHEN: Thursday 16th June **WHERE:** Kāya PRAHRAN, 325 Chapel St, Prahran **TIMES:** 7:15pm arrival for a 7:30pm start

DURATION: 1 hour **RSVP:** Book at Kaya Reception or online at www.kayahealthclubs.com.au/education **SPACES ARE STRICTLY LIMITED**

Emporium Melbourne Lv 5—287 Lonsdale St, Melbourne

Prahran 325 Chapel St, Prahran

t: 9090 1000 **w:** kayahealthclubs.com.au



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KĀYA

MELBOURNE'S FIRST MIND & BODY HEALTH CLUB

PILATES
YOGA
FITNESS