

## A MESSAGE FROM CHRISTIAN...

I was recently asked to talk at a Lululemon Athletica event and whilst I was flattered, I was also extremely nervous.

Generally, I'm not afraid of 'talking', however I do become an introvert when placed in front of large audiences; especially when I'm asked to talk about 'what success means to me'...

Overall the talk went really well and feedback received from the audience was extremely positive. They appreciated the 'real life' approach and the 'take home tips' I shared. This got me thinking, "why not share some of my talk with you all"... So, here I go.

### Those inner Voices (which I call demons)

- We all have them. It's just what we do with them. Some days they are louder than others.
- Success to me is constantly "fighting those inner self doubt thoughts".
- During the course of a day, there's times where I start feeling (thinking) like "I can't" or "it's too hard". I speak to my inner voice and tell it to "FUCK OFF as I can do this".
- Reminder yourself constantly that the 'inner voice' is just a 'thought'.
- It's constant practise...
- Huddle, Connect and Surround yourself with like-minded POSITIVE souls that won't bring you DOWN. Get rid or remove yourself from toxic situations and victim like individuals.
- My MANTRA in life | "It always works out in the end" remind yourself of this, especially in times of adversity.

### Balance is looking after yourself...

- I'm proud to say that I have a phycologist I regularly visit. It's a time for me to 'release' and just speak about me. I don't get judged and

can literally be ME. I see this as therapeutic and an INVESTMENT and nothing to be ashamed of. It doesn't need to be a phycologist. Ultimately, all your seeking is someone you connect with and can confide in.



- I believe (and it's only my belief) that we've all got issues and our insecurities. Some of us tend to be pro-active and work on them throughout life, whilst others sit back and allow life to pass them by...
- Less CONTROL and more EMPOWERMENT | TRUST!!!
- I'm learning to 'empower' and 'trust' more... I've come to the realisation that in order for KAYA to continue to grow and prosper I need to empower 'my team' more, who are more than capable and willing. Allow your team to grow by giving them meaningful tasks to complete.
- Take a step back | enjoy the journey | smell the roses... This is super important and something I don't do often enough. Take a moment (at least once a week) to reflect back on the 'awesome' life you live and all the WINS you've attracted that week.

### Be you!

- It all comes down to being U. Don't be someone you're not as the cracks will start to show over time. I always tell my team 'be yourself as it's hard working being someone you're not'...
- Don't ever lose sight of your customer | members | team – WITHOUT them you have NOTHING.
- Success to me is looking after myself... I constantly remind myself, how can I look after my family, KAYA team and members if I'm not running at optimum.
- Invest in yourself and don't feel 'guilty' in the process.

## EMPORIUM NOW OPEN ON SUNDAYS...

### WHO SAID SUNDAY WAS 'REST' DAY.

We're proud to announce that Kaya EMPORIUM is NOW OPEN on Sunday's.

9:00am to 12:00pm

We always promised that one day we'd open on Sunday's. It was just a matter of time! As our community is blossoming it only makes sense to now provide all members with more opportunities to attend our club.

### OUR SUNDAY CLASS SCHEDULE:

9:15am	Pilates Reformer (GRC)
10:00am	Yoga (Hatha)
10:00am	Pilates Reformer (GRC)
10:45am	Pilates Reformer (GRC)



I'm sure you would agree we're pretty good when it comes to adding new classes and / or making changes to our ever evolving class timetable. We constantly review our class timetables and take on board member feedback provided.

## NEW CLASS @ PRAHRAN...

Express Boxing (30 mins) with Benny, Friday - 12.15pm

## CLASS TWEAK @ PRAHRAN... LUNCHTIME YOGA

Our 12.00pm Yoga classes have moved to a new time of 1.00pm and the duration of the class will now be 45 minutes. This is based on many members who work in the area seeking a later class alternative that's shorter in duration.

## NEW TO PILATES REFORMER?

Try our 15 minute REFORMER BASICS class (Pahran club only)!

This is a great 15 minute introduction for members new to the bed and programme. In the class we'll go through the main components of the bed, along with how to find your neutral spine and pelvis. The class will then continue into a regular GRC (Pilates Reformer) class.

### PRAHRAN

Wednesday	5.30pm
Saturday	3.15pm

### What's next...

We encourage members who attend a REFORMER BASICS class to also BOOK into a Pilates Introductory Course. These courses are Complimentary for our members. Book via reception or online using our 'courses' page

## TOWEL BLITZ

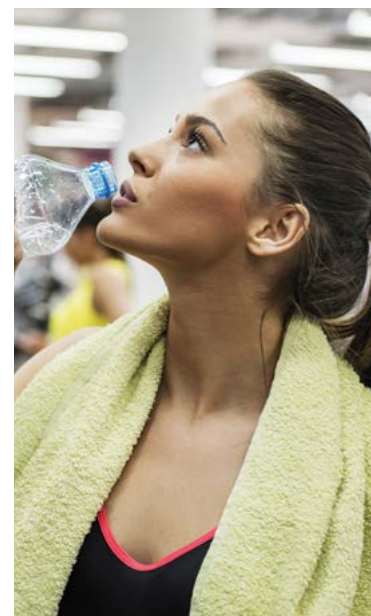
Thank you to our members who always bring along and use a sweat towel when training.

To all other members who either forget or simply may not be aware, everyone is required to train with a towel and wipe down equipment after use.

Assist us in keeping our equipment sweat free.

If you happen to forget your towel, 'NO SWEAT' - we provide a towel hire service.

See reception for towel hire.



## NO PHONES PLEASE...

Another friendly reminder - let's make sure mobile phones stay away from the studios and cardio / weights training areas. They are not only a distraction to you, but also your fellow members. We visit Kaya to get away from the 'busy' outside world so let's let go of our mobile phones for an hour.

## MEMBERSHIP TERMS AND CONDITIONS

### UPDATE – membership transfer (effective 01st August 2016)

Members who elect to transfer their membership are ONLY eligible to transfer to a 'new' introduction / person to Kaya. Past 'members of Kaya' are not eligible to take on a membership transfer. All other membership transfer conditions (clause 21.0 of membership terms and conditions) remain unchanged.

## PRE AND POST NATAL PILATES | One On One Sessions

### First thing's first...CONGRATULATIONS!

Pregnancy is a wonderful time in any mother's life.

With pregnancy, however, come certain challenges. One of these relates to the mother's changing capacity to safely undertake an exercise regime.

Here at Kaya we now ask any member who is pregnant to enrol into a One on One Pregnancy Pilates Exercise Session.

During this 30 minute consultation our Pregnancy trained Pilates practitioners will guide you through safe, modified exercises and discuss how they can be incorporated into regular classes.

It is a requirement that a Pregnancy Acknowledgement form and an 'OK to exercise clearance' is provided to Kaya prior to exercise taking place.

Learn more about Pregnancy one-on-one practitioners Jose | Rose | Lauren | Gaynor | Elle and Michelle Fernandez on 'our team' page.

- Initial One-on-One Consultation \$30
- Subsequent visits cost to be discussed with your practitioner

PLUS... we have created a 'Pregnancy at KAYA' go to guide which has loads of information relating to exercise whilst pregnant. Obtain your **FREE** copy from reception.



Being a KAYA MEMBER not only makes you look and feel great, but also gives you automatic access to many exclusive benefits.

Visit [kayahealthclubs.com.au/benefits](http://kayahealthclubs.com.au/benefits) to view all our latest Member offers...

## KAYA IS SUPER EXCITED TO BE PARTNERING WITH LIVEN!

Liven is a mobile app that delivers special offers from premium restaurants, retailers and service providers and allows users to share the savings they receive (all or in part) with their favourite charities.

**Liven is offering all Kaya members a FREE 6 month subscription to their Premium Membership.**

**To claim, simply:**

1. Download the Liven app
2. Select 'Upgrade to Premium' from the app menu
3. Enter promo code KAYA2016

*Support Australian charities like Beyond Blue and the RSPCA, all while enjoying top-notch dining at some of Melbourne's best restaurants including Caffee Cucina and Mama's Buoi.*



## MERO MERO

Simple and healthy food offerings

Daily soups, make your own salads, sandwiches, coffees and breakfast available all day.

LOCALLY SOURCED INGREDIENTS!

**Mero Mero offer all Kaya Health Clubs members an EXCLUSIVE 20% off any salad and 10% off any order. All you need to do is show your Kaya membership tag.**

Located at Emporium Melbourne – lv 3 food court



## AMIGOS

**Kaya members receive 20% OFF ANY ORDER and A COMPLIMENTARY SANGRIA with any meal...**

“Amigo” is Spanish for “Mate”, and the key ingredient to our humble family-roots Mexican-Inspired culinary destination is exactly that; mate-ship, camaraderie and family. Not only do we infuse traditional Mexican cuisine with a modern and fresh twist, however we also integrate the essence of the Mexican lifestyle and familia, with the Australian way of life.

**All you need to do is show your Kaya membership tag  
One complimentary Sangria per member**

Located at 7/478 Chapel St, South Yarra



## BEYOND REST

Beyond Rest Offers a unique environment for floatation therapy. They have designed our space using sacred geometry principles specifically to enhance the whole floatation experience.

It's great for stress relief, improving sleep, boosting creativity, reducing chronic pains while improving overall wellbeing.

**Kaya members are entitled to \$14 off a one off session by simply using the code: KAYA**

Located at 26 Regent St, Prahran



## KAYA PARTNERS

We are so excited to have partnered with these two reputable brands as our Member Care Receptionist and Member Advisor Uniform Provider.

Uniform to us is extremely important! Our team is very much across the selection and fitting process. We make it a collaborative exercise as it's 'our team' that wear it all day | every day.

We want to make sure our 'team' wake up each morning wanting to wear their uniform.

We look for apparel that's 'comfortable' | 'fashion forward' | long lasting | easy to maintain and above all is 'flattering on all shapes and sizes'.

We found Kit and Ace and CottonOn Body tick all the above.



## KIT & ACE

They took the best principles of athletic design and applied them to clothing you can wear all day.

### YOUR FULL-CONTACT LIFE

Time is a non-renewable resource, so every moment matters. Commuting, creating, trying, failing, sweating and achieving. You don't slowdown from 6AM to 10PM and you need clothing that can keep up.

Kit and Ace was created for those full-contact days – days that start with a hike at dawn and end with a red-eye. We believe what you wear affects your day – it can hold you back or keep you moving. You need performance and functionality for every part of it, not just at the gym.

They applied their expertise in technical design to clothing that suits how you actually live – pieces you can throw in the wash again and again, that stand up to the fullest days. Whether you are biking to the office, playing a pickup game at lunch or dashing to make your connection, what you wear never stands in your way.

## COTTON-ON BODY

Cotton On BODY is a lifestyle brand, with intimates, active, sleep, lounge and swimwear.

BODY was born in 2007 from the recognition that the Cotton On customer wanted to buy more than just outerwear, she was looking to the brand to cater for her whole life.

Their products are designed in house with our girl always in mind. She is fun, optimistic, fresh, open-minded and genuine. She believes in a balanced healthy life and loves that our product empowers her to perform at her best, be happy and feel beautiful.

## OUR KAYA FAMILY IS GROWING

### @ EMPORIUM

#### MAXIME MANSAT

joins Kaya's Resident Personal Training Team

You may have seen Maxime around the club as Fitness Programmer.

With his experience and passion for creating fun, challenging and dynamic fitness sessions, you're set to achieve your goals sooner with him.

Maxime designs each program based on your individual health goals, with an aim to reach them faster through training smarter and more effectively.

Maxime is extending a special introductory offer to all Kaya members:

Two 30 Minute Sessions for Only \$60 (Valued at \$110)

**E:** maximem@kayahc.com.au **P:** 0478 169 850

Find out more about Maxime and our other Resident Personal Trainers online on our WHO IS KAYA page or see reception.

Must be purchased by 30.09.16 & used within 30 days of purchase – One pack per person -1st time users only - Cannot be used in conjunction with any other PT offer - 24 hours cancellation notice required otherwise clients incur full fee



### @ EMPORIUM

#### JOANNA BEECHER Dip. Remedial Massage

Joanna specialises in remedial, sports and pregnancy massage.

Her unique approach is always tailored towards her clients' specific needs.

For over 7 years, Joanna has offered a calm restorative experience through her skilled and professional approach to massage.

#### Joanna specialises in:

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

**Member Prices:** 60 min massage: \$110 | 90 min massage: \$150

**E:** massage.emporium@kayahc.com.au **P:** 0488 416 555

### @ PRAHRAN AND EMPORIUM

#### NINA STABEY BHSoc Nut Med

Kaya's Resident Naturopath (Herbal Medicine) and Nutritionist

Tuesday's @ Emporium & Saturday's @ Prahran

**E:** therapist@kayahc.com.au **P:** 0405 300 665

Nina is a passionate qualified Nutritionist and also Naturopath with 15 years of experience gained across the Health Food Industry, Corporate Health & Lifestyle, Clinical Nutrition, and Food Production Research & Development as well as Private Practice across Europe, South East Asia and throughout Australia.

#### Nina's Specialities

- Food intolerances or allergies
- Hormonal imbalances
- Infertility and Cancer
- Depression, anxiety and other mood disorders

#### Services

- Personalised menus and recipes
- Nutritional supplement prescribing
- Herbal Medicine
- Cooking classes



**Emporium Melbourne** Lv 5—287 Lonsdale St, Melbourne

**Prahran** 325 Chapel St, Prahran

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



FOLLOW US @KAYAHEALTHCLUBS

# KAYA

MELBOURNE'S FIRST MIND & BODY HEALTH CLUB

PILATES  
YOGA  
FITNESS