

Christian's perspective on viewing and living life...

Life can be unfair, as I'm sure everyone would agree. But life is unfair for everyone, which makes it fair. It's a harmful trend among many of us to believe that we are defined by how we have been treated, rather than how we treat ourselves, and this can lead to the 'victim' mentality; where individuals learn to regard themselves as victims, even in circumstances where this is not relevant. A victim is someone who has been wronged and is owed something in reparation - unfortunately, by self-diagnosing as a 'victim', we are rerouted from our path of well being, instead leading us to seek rewards for our shortcomings.

A person who has fallen victim to a crime or an adverse event is by no means what I'm talking about here; I'm talking about those of us who have it ingrained that their existence is only a reaction and the world is the action, when this is *simply not the case*.

Every one of us is the action, and how we act determines our environment. This has been scientifically put to the test, when neuropsychologists studied human brains as they encouraged positive or negative thoughts. Our brain is a muscle, and is much more inclined to recognise threats than positivity due to our long history of necessary survival, but it can still be a rather lazy muscle. As thoughts are processed, they are shared through synapses to the rest of the brain. If these negative synapses are used more frequently, they become more reactive, turning from rickety bridges into the Golden Gate for negative stimuli. Before you know it, your brain is so ready to accept negativity that even minor events can lead to deep hurt and resentment. These feelings, as they have little valid external basis, will simply find themselves aimlessly battering the holder as they seek resolution or redemption, causing more hurt and negativity. This is an action our brain takes without us noticing, and it needs attention and intentional thinking to be reversed.

Studies have shown that people who suffered from depressive thoughts and 'victim' mentalities can find healing by paying attention to their thoughts and how they interpreted their surroundings, and actively deciding how they wanted to define themselves at that time.

Remember; you are the active component of your life, not reactive. How you look at the world is how you'll see it, like the old saying 'some people feel the rain, others just get wet'. The rain is not different, however, the perceptions are. Our immense power as conscious beings is to be accepting of positivity over negativity, but we must train ourselves for it. The same way we must train for everything in life, from tying your shoes to getting that promotion, we must constantly view ourselves as ever-growing, self-sustainable energies. If we are ferns, constantly unravelling and reaching for the light, the victim mentality leaves us as algae, stagnant and leeching off lower forms.

A great mental exercise is in our Melbourne traffic - if you find your grip tightening as you wait for the cars to move, remind yourself that there is no value to becoming upset, as this will not at all change the cars. Instead, focus on a funny part of your day, or the sun in the trees. While the traffic might not change, the wiring in your brain has shifted imperceptibly.

Embrace challenges. It might take weeks, or months, or years, but strength of character will provide a strong backbone for your goals. I emphasise, *your* goals. While others will support you, they are *your* goals to nurture and you alone are responsible for them - the most satisfied people aren't just those who have done the best, but they're the people who try their best.

Seek fulfilment, and be measured in your perception of your surroundings. Extricate yourself from the person you were a year ago, or yesterday, and the weight which they carried on their shoulders - none of that can exist if you don't decide to believe in it. Today, you are someone completely new. There is no more time for waiting for others to step in with a solution, or a free pass.

Christian & Koula Ruggeri
Co-founders | KAYA



MELBOURNE'S PREMIER MIND & BODY HEALTH CLUB

IT'S NOT JUST THE DANCER'S WHO NEED A GOOD STRETCH...

KAYA is proud to support the minds and bodies of the Australian Ballet, but we also recognise the adverse effects that different working conditions can have. At KAYA, we also look after the wardrobe department of the Australian Ballet. Their amazing efforts bring the characters to life through stunning costumery, and we show our support to their well-being.



NEW CLASSES @ KAYA...

PRAHRAN

Pilates Reformer (GRC)

9.30am | Wednesday

9.30am | Friday

EMPORIUM

Pilates Reformer (GRC)

1.00PM | Tuesday

12.00pm | Wednesday

COMING SOON – new classes to Kaya Emporium

7.00am | HATHA on a Monday and Friday will be coming soon.

We will notify member of a start date via our social media channels and posters in and around the club.

PILATES REFORMER TEACHER TRAINING MAY 2017 INTAKE – ENROLMENTS NOW OPEN

Did you miss out on our upcoming 'November' Elixir School of Pilates Teacher Training Course?

High demand filled every space within four weeks of announcement, so don't miss your chance for the May intake! Enrolments are now open, with limited spaces for you to further your Pilates education and practise with Australia's leading Pilates Teaching Provider.

KAYA Pilates instructors have all received the latest in sports science and training from Elixir School of Pilates, with passionate and expert guidance from their team of Pilates professionals. For more information, refer to our courses and education page on our website, email us at education@kayahc.com.au or talk to the team at reception.

KAYA INTRODUCTORY COURSES

KAYA Introductory Courses have been specially designed with our members in mind. Our Yoga and Pilates Introductory Courses are offered FREE to our members, with more opportunities to attend this October and November. Immerse yourself in a new understanding of exercise principles, and solidify your knowledge of your practice. These classes can be useful to people of many skill sets - many advanced members see this as a great opportunity to brush up on the basics and correct form, while beginners can use this time to create a deeper understanding of the classes which we offer. You'll learn correct use and terminology of props and machines, as well as the fundamentals which make each of these practices so unique and rewarding.

TO BOOK: Simply head to our website and go to our 'courses' page or see reception.

PILATES INTRODUCTORY COURSE

When: Saturday 15th October, Saturday 12th November

Where: Prahran club

Duration: 3 hours; 12.30pm – 3.30pm

YOGA INTRODUCTORY COURSE

When: Saturday 29th October, Saturday 26th November

Where: Prahran club

Duration: 2 hours; 12.30pm – 2.30pm

CONGRATULATIONS TO KAYA'S EXPECTANT MOTHERS!

Pregnancy is a time in your life like no other, and here at KAYA we want to make sure that we provide the safety and care that you need during this exciting and delicate time. From baby-proofing the house, to booster seats, there are so many changes that need to take place for your child's safety - and your exercise regime should be considered just as carefully.

To ensure our member's safety, we remind you that it is a requirement that a Pregnancy Acknowledgement Form, and an 'Ok to Exercise' Clearance is provided to KAYA prior to exercise, and these can be found at reception.



MEMBERS WISHING TO CONTINUE A PILATES REGIME...

We ask that all pregnant members enrol into our dedicated One on One Pregnancy Pilates Exercise Session. These 30-minute consultations are designed to guide you through Pilates exercises, modified for ultimate safety and care. Our pregnancy-trained Pilates practitioners will also discuss with you how these can be incorporated into your regular classes, so you can safely continue your wellbeing journey.

Learn more about our practitioners, Jose | Rose | Lauren | Gaynor | Elle and Michelle Fernandez, on the 'Our Team' page of our website.

- Initial One on One Consultation \$30
- Subsequent visits can be discussed with practitioner

IS YOGA MORE YOUR THING?

We ask that all pregnant members wishing to continue practising Yoga, enrol into our dedicated One on One Pregnancy Yoga Exercise Session. These 45-minute consultations are designed to guide you through Yoga postures, modified for ultimate safety and care. Our pregnancy-trained Yoga teachers will also discuss with you how these can be incorporated into your regular classes, so you can safely continue your wellbeing journey.

TO BOOK

See reception or email our Program Director, Gaynor Carter at programcoordinator@kayahc.com.au

SECRETS IN THE GARDEN EVENT

We invite all of our members to attend the Secrets In The Garden Event, an amazing opportunity to share in a day which has been tailored for you. Be nurtured, discover, and grow, with all of the vibrancy this amazing event offers. With guest speakers, yoga, food stalls, and pampering, you'll notice an ongoing discussion of the secrets behind success in business, relationships, wellbeing, beauty, food, and more, to inspire you in all aspects of life.

22 October 2016, Catani Gardens, St Kilda.

Find tickets and information at www.secretsinthegarden.com

Kaya members receive 5% discount when booking

CODE WORD: 'KAYA'

Perla

If our members don't already have enough to smile about, we've got a new member benefit partner on board with guaranteed grins. KAYA members love our member benefits, where we team up with the brands you love to find you amazing discounts and gifts - that's why we're so excited to bring Pêrla Teeth Whitening to our members. With their exclusive peroxide-free formula and LED light technology, Pêrla provides a luxurious treatment, without pain or sensitivity.

Members receive 25% off all Teeth Whitening Sessions and a special gift upon their first visit.

Provide proof of your KAYA membership for discounts and gifts, and walk out of Pêrla feeling relaxed, rejuvenated, and smiling bright!

t: 8589 7564

w: perla.com.au



THRIVE

Another benefit which we've been looking forward to comes from our friends at THRIVE, and their delicious range of healthy foods for people on the go. They're adding to their amazing menu another fantastic option dubbed the KAYA Bowl - and these are only two of our many amazing member benefits. THRIVE is on a mission to make extraordinary health deliciously simple. Optimal nutrition is essential to live a high performance lifestyle which is why all meals at THRIVE are always gluten free, with no added sugar and only healthy fats.

Between October 17th and December 17th head to THRIVE Emporium to taste the KAYA bowl.

Plus, as an EXCLUSIVE gift to the Kaya community, you receive an exclusive copy of THRIVE's Cookbook, featuring over 60 recipes by THRIVE ambassador and healthy cook Scott Gooding.

Available at www.thrive.me. Use the code KAYA to receive your copy.

To find more amazing discounts and benefits, visit kayahealthclubs.com.au/benefits

COTTON ON FOUNDATION

We are proud to thank Cotton On Body for the clothing they provide our KAYA team with, and for the hard work they do through their charity foundation. Cotton On is an Australian owned company, started here in Victoria, and is among the few multinational companies to give back to disadvantaged communities.

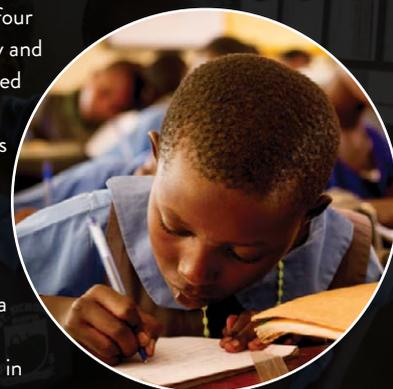
The Cotton On Foundation is the Cotton On Group's philanthropic arm, focused on developing and supporting projects in Southern Uganda and others globally, through a unique partnership with customers and employees.

What started as a simple donation to complete a healthcare centre in a small African village was to be a life-changing partnership for the people of Southern Uganda and the Cotton On Foundation.

In November 2007, they arrived in Manny village, Uganda. Known to be an area rife with HIV/AIDS and deemed "Mission Impossible" by its local diocese, Manny was a community in need of help. A lack of education, basic infrastructure and healthcare facilities had led to a village in desperate need of a helping hand. In partnership with the Cotton On Group team members and the incredible generosity of our customers, they now work with Ugandan communities and others globally in helping to build a healthy and sustainable future.

Cotton On sell their own products in over 1,000 Cotton On Group stores globally, and all of the proceeds go back to the Cotton On Foundation to support those most in need. It is as simple as that. They roll their sleeves up and get their hands dirty to help out mates in need. The foundation leans on the Cotton On Group resources to help deliver projects at the lowest operating cost, while ensuring that all needs are met within a realistic timeframe ... and we have fun doing it.

The foundation projects are based on four pillars; health, education, sustainability and infrastructure. These pillars were derived from the United Nations Millennium Development Goals and form the basis of every project undertaken by the Cotton On Foundation. In line with the Millennium Development Goals and their mission to develop 20,000 educational places in Southern Uganda by 2020, they are helping to reduce poverty and improve the lives of those in need.



FREE WORKSHOP FOR OUR MEMBERS

DESIGNED TO TEACH STUDENTS THE FUNDAMENTALS OF BOXING...

This workshop will provide students with the Confidence, Knowledge and Tools required to attend Boxing and Fitness Circuit classes regularly.

You'll learn all about:

- The positive Mindful effects of Boxing
- Correct Technique
- Stances (footwork | feet placement | positioning | alignment)
- The 4 types of Punches
- Head positioning and movement
- Pad work

ABOUT THE TEACHERS

Andrei Schiller-Chan | Kaya Boxing Instructor

Andrei currently fights at both an Amateur and Competitive Boxing Level. As a coach, he has many years' experience in teaching fighting techniques in one on one and large group settings.

Alessandra Argese | Kaya Boxing Instructor

Alessandra passion for boxing lead her to compete in kick-boxing championships. She now loves imparting her knowledge onto others. Alessandra has a degree in sports psychology.

WHEN AND WHERE:

PRAHRAN - Saturday 22nd October | 11.00am to 12.30pm

EMPORIUM - Wednesday 26th October | 5.30pm to 7.00pm

TO BOOK - Book at reception or online at kayahealthclubs.com.au/courses

Complimentary to Kaya members and their guests

MEAL AND SNACK CONSTRUCTION ZONE

Learn how to construct meals and snacks that will:

- Balance mood and blood sugar
- Sustain energy and keep you fuller for longer
- Support fat loss and build muscle growth
- Assist in the anti-ageing and anti-inflammatory process

WHEN AND WHERE:

PRAHRAN: Tue 18th Oct | 7.30-8.30pm (Group X studio)

EMPORIUM: Wed 19th Oct | 6.45pm-7.45pm (Barre studio)

SPACES LIMITED

TO BOOK - visit kayahealthclubs.com.au/courses or see reception

FALLEN OFF THE HORSE?

Learn How to gracefully dust yourself off and begin again!

Come along and learn handy tools and techniques for when we need to reset our groove:

- Learn how to support yourself to break the cycles of excess
- What foods and drinks are great to support the body to “come back” into a state of well-being
- Re-educate the mind of changing moods and behaviours
- Build the tool kit of self- love practices

WHEN AND WHERE:

PRAHRAN - Sat 19th Nov | 11.00am-12.00pm (Yoga studio)

EMPORIUM - Wed 16th Nov | 6.45pm-7.45pm (Barre studio)

SPACES LIMITED

TO BOOK - visit kayahealthclubs.com.au/courses or see reception

T2™



T2 TEA PARTNERSHIP

It was a soothing cup of hot tea that got us through winter, and now we can look forward to iced teas all summer!

We're so excited about our upcoming collaboration with T2 Tea, and their new line of iced teas, retailing at \$5. Here at KAYA, we are busy planning our complimentary Tea Tastings for our members to enjoy this October.

TASTINGS WILL TAKE PLACE ON...

PRAHRAN - Sat 8th October | 8.30am-11.30am

EMPORIUM - Tue 11th October | 4.30pm and 7.00pm.

We're also making space for our T2 Dispensary Station, for members to help themselves to T2's new range of iced teas. With completely natural sweeteners and a great refreshing taste, we know that you'll love the T2 Iced Tea Station that's coming to your KAYA.

LET'S WELCOME ANTHONY MURPHY

KAYA'S RESIDENT OSTEOPATH



Our newest resident alternative therapist has arrived, Anthony, has seen a lifetime of passion health and fitness culminate in his career of Osteopathy.

Anthony has completed a Masters of Osteopathy and has over 10 year's clinical experience using his holistic approach to wellbeing. By identifying and treating the causes of injuries, rather than the symptoms, Anthony has successfully treated many happy clients, specialising in

- Soft tissue massage and spinal joint manipulation
- Advanced stretching techniques (MET)
- Rehabilitation and strengthening programs
- Detailed postural and workplace ergonomic assessment
- Dry Needling
- Treatment of headaches/migraines, shoulder, neck and back pain

Available by appointment, Anthony is available at Emporium and Prahran.
t: 0430 081 250
e: osteopath@kayahc.com.au

KĀYA
W E L L N E S S

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

PILATES
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MELBOURNE'S FIRST MIND & BODY HEALTH CLUB