



Don't let Fear or Judgement hold you back!

They always say that when you fall off the horse, get back on – however it's very easy to say that. Doing it, on the other hand, can be daunting. As a Spinning class instructor, I've been itching to get on the saddle and host my own classes at Kaya. There's always so much to do in my other roles which has been keeping me away from Spinning, but now the time is right to do it. I was struck with that sense of trepidation that we get before trying something new. Everyone knows it - the slightly nauseous sensation, followed by a million reasons why you can't or shouldn't give it a go.

I put all of my energy and love into Kaya, and many of you have probably seen or spoken to me around the club, so I'm no stranger. I knew that I loved Spinning - my thoughts, however, were wrapped up in what members might think. The thought of getting up in front of all the members who see me every day and leading them was tempting me to throw in the towel. These fears and anxieties are the same ones that attach to our ankles like shackles whenever we are trying something new around others. As soon as I saw those fears for what they were, I knew they couldn't win.

If I want to try something and the only thing holding me back is concern about what others might think, then I need a good shake. Fears and anxieties don't deserve to make the decisions for me. I have trained and am qualified in Spinning; I wanted to give it a go and show myself what I can do while sharing my passion with all of you! I endeavour to take the fears and negative emotions that were playing on my confidence and tackle them headfirst.

I decided to take it as a challenge, like a pre-game locker room talk. *I'm not sure I can do it?* Okay, fine. Let's make sure. Let's prove those negative emotions wrong. I trained harder and gathered as

many tips and as much information as I could to prepare myself. I wanted to go into my new class knowing that no matter what, I could be proud of my efforts because I was giving my absolute best. The ownership of the moment taken from insecurity and fear and given to confidence and resilience. If you're holding yourself back from trying something new, like Spinning or dating or skydiving, the worst thing you can do is resolve yourself to failure before you've even tried. Trust yourself, work hard, and leave the negative mindset behind. Even if you don't succeed, the exhilarating feeling of overcoming your fears enough to give it a go will make it all worth it.

While you're trying something new, join me on the bike for Spinning at Prahran every Wednesday at 6pm.

We Make A Living From What We Get, We Make Our Life From What We Give.

Winston Churchill

Kaya partners with The Royal Children's Hospital

We're proud of our many business partnerships. One that is especially close to our hearts is our partnership with the Royal Children's Hospital. The RCH is our charity of choice, and we're proud to provide the children with gentle Yoga, stretching, mindfulness and breathing classes from our amazing instructors. This is a tribute from instructors on our team who will provide stretch and some fun to the brave kids of RCH. During their child's stay in hospital, we offer all RCH parents full access to our facilities and group fitness classes so you may meet some of them at our club! This is KAYA's way of giving back to our community. We're grateful to have a welcoming sanctuary, with kind members and an amazing team, where we can provide to these families and make it all happen.

Until next time,
Christian – Founder Kaya Health Clubs

WE THRIVE ON EDUCATING OUR COMMUNITY...

COMPLIMENTARY TO OUR MEMBERS.

INTRODUCTORY COURSES Pilates | Yoga | Boxing

At Kaya, we believe there are two things you need to have the best of; education and posture. That's why we are so emphatic about our Pilates, Yoga and Boxing Introductory course - and best of all, they're Complimentary for you to attend. New forms of movement can be difficult to grasp and poor form will not reap the benefits you deserve. Our courses are perfect for beginners who want to gain a foundation of knowledge or for more advanced individuals who want to polish up their practice and gain a greater understanding from our talented teachers.

OUR UPCOMING COURSES:

PILATES

PRAHRAN CLUB

WHEN: 18th February OR 18th March 2017

DURATION: 3 hours 12.30 pm - 3.30 pm



EMPORIUM CLUB

WHEN: 01st April 2017

DURATION: 3 hours 12.30 pm - 3.30 pm

YOGA

PRAHRAN CLUB

WHEN: 4th March

DURATION: 2 hours 12.30 pm - 2.30 pm



EMPORIUM CLUB

WHEN: 16th February OR 23rd March 2017

DURATION: 2 hours 6.30 pm - 8.30pm

BOXING

PRAHRAN CLUB

WHEN: 18th March

DURATION: 1.5 hours 11.00 am - 12.30 pm



EMPORIUM CLUB

WHEN: 15th March

DURATION: 1.5 hours 5.30 pm - 7.00 pm

To book simply see reception or book online at <http://kayahealthclubs.com.au/courses/>

GET JUICY

Cold-Pressed Juices | now at Emporium

Freshen up with a local cold-pressed juice, lovingly made by AYOMO and packed with essential enzymes, minerals, and nutrients.



Grab one from the fridge for just \$7 at Emporium.

Flavours: Pineapple Pop | citrus squeeze | down to earth | green glow

KAYA CLASS RITUALS

We kindly request all members follow these simple 'MINDFUL' Class Boarding Pass rituals.

Our priority is for members to have a memorable and positive experience every time they visit us. With this in mind, we kindly ask that you refrain from using and/or taking the following items into class.

- No Mobile Phones in class
- No Glass Water bottles
- No Footwear in Yoga/Pilates/Barre
- No Arriving late to class
- No Leaving class early
- Train with a sweat towel when exercising

KAYA WELCOMES....

NEW RESIDENT PERSONAL TRAINER | PRAHRAN, ADRIAN MILLER

e: pt.adrian@kayahc.com.au

m: 0414 516 224



Adrian is passionate about health and fitness, with six years experience in personal training - specialising in body transformations, strength training, high-intensity cardio training and small group training.

After overcoming his own lifestyle habits, Adrian was compelled to chase this new sense of vitality and to share it with others who are on a similar journey to his.

Adrian can provide general nutrition guidance to ensure optimum performance, health and vitality based on the individual's goals. Also included in his services are goal setting and results tracking, as well as mobility and stretching routines.

Finally, Adrian is a qualified Qigong meditation practitioner and can provide assistance with breathing and meditation techniques to help de-stress from daily life.

WELCOMING MEMBER OFFER

Book in for your FREE 15 minute Health Check with Adrian. You'll get to see your hydration, body fat % and metabolic age PLUS it includes a small group strength training session (45 mins). Valued at \$60.

LIMITED SPACES

valid until 31st March 2017 - subject to PT availability - 1 per member only

YOUR DAILY MANTRA

OM

Mantras have been known to awaken parts in our brain as we release our focus from any external stimuli and allow our voice to draw ourselves deeper into the moment we inhabit. We offer this February mantra to those who need support and strength - when taking on something new, building courage to try something again or fostering gratitude in a chaotic world.



OM, is the sound which the entire universe resonates with. It represents the first vibration ever to quiver; it represents birth and death and the process of rebirth. The natural pitch of universal vibrations is at 432 Hertz, which is where OM is found. OM is the perfect way to welcome every new day or to finish the evening in gratitude and satisfaction.

KAYA WILL NEVER STEER AWAY FROM TRADITIONAL PILATES...

WE STAY TRUE TO THE CREATOR'S IDEOLOGIES - JOSEPH PILATES

Kaya Pilates is a blend of modern sports science research and authentic Pilates practice. There's a lot of noise in Melbourne surrounding Pilates at the moment, with some studios offering Pilates cobbled together with aerobic-like fitness. We don't offer Pilates as a high-intensity form of fitness as we believe the inclusion of extra weights or cardio exercise detracts from the immeasurable benefits that authentic Pilates offers. If you want to feel the burn and sweat up a storm, we would love to see you at one of our other group fitness classes!

Pilates classes at Kaya will always focus on these six Pilates Principles; developed by the genius Joseph Pilates.

KAYA'S PILATES PRINCIPLES: POSTURE AND ALIGNMENT

With careful alignment of the pelvis, spine, rib cage, head and neck, muscles are properly activated and injury/overwhelming of tissue can be largely avoided.

BREATHING

Monitoring your breath and using deep exhalations as you perform each exercise activates your muscles and keeps your mind focused.

CENTERING

By utilising the muscles of the core, you will help all your bodily muscles function and develop more effectively.

CONTROL

Rather than repetition or intensity, is paramount.

STABILITY AND MOBILITY

Measured precision during movement requires balance and stabilisation of joints, which will help you to remain stable and graceful with care, even during movement.

CONCENTRATION

With focus on your mind-body awareness, you connect more with your body and gain more from your workouts. It's more beneficial to do each exercise slowly and precisely, than with incorrect form or poor posture.

Don't just take our word for it; Kaya cares for the Minds and Bodies of the Australian Ballet dancers and the Melbourne Storm players. As professional athletes, their team of sports and exercise specialists picked apart our training systems and have given us the gold star.



The
Australian
Ballet



PILATES TEACHER TRAINING COURSE | ENROLMENTS NOW OPEN

elixr
SCHOOL OF PILATES



APRIL / MAY INTAKE

Don't miss out! Our partners at Elixir School of Pilates are excited to commence the next intake of Pilates Teacher Training throughout April and May. Whether you're an aspiring teacher who wants to lead your own students or your passion for Pilates drives you to learn more than standard classes can teach, becoming a qualified teacher through ESOP is a fantastic opportunity.

INTIMATE LEARNING EXPERIENCE—ONLY 12 SPOTS

To enrol or learn more contact us on 9090 1010 or visit kayahealthclubs.com.au/education



**KAYA'S SENIOR PILATES INSTRUCTOR |
PILATES TEACHER TRAINER | BOXING
INSTRUCTOR | FITNESS CIRCUIT
INSTRUCTOR**

Jose Garcia came to Australia more than 15 years ago for holidays and after touring the country, he was in love with the land and decided to call Australia home.

As a lifelong athlete, enjoying a youth of gymnastics and progressing to achieving a Bachelor in Sport Education, Jose Garcia is constantly in pursuit of peak performance. With unbridled passion and energy, the Colombian native brings that drive to the service of his clients, including Michelle Bridges for whom he acts as the fitness instructor for her 12 week program.

Jose Garcia is a fully certified Pilates instructor with more than 20 years of professional fitness experience, learning his craft through various methods including Elixir School of Pilates. Jose recently obtained his International Diploma of Professional Pilates Instruction, and currently teaches aspiring students wishing to become Pilates instructors.

Jose is a purist, and very hands on when he teaches the Pilates method. He uses the Joseph Pilates principles when teaching Pilates and other modalities of exercise such as Barre, Pilates Mat, Boxing and functional training.

He takes his personal fitness seriously, you can find him at the Pilates studio practising and creating his own Pilates routines or in the weights area lifting weights or boxing. However, anyone who knows Jose could tell you that he doesn't take life too seriously - you have equal chance of finding him at the beach suitably attired in budgie smugglers, or at the nearest candy store to satiate his sweet tooth.

Jose's Pilates sessions are designed to train your entire body, to strengthen those areas of weakness and to enhance overall strength. Don't be surprised if you hear encouraging calls of 'No way Jose' or 'Yeah way Jose!' Don't let his friendly manner distract you though. He is always true to his Pilates motor, which can be summed up in three words: 'Stability, Mobility and Control'.

Jose is offering the opportunity to start up a new Pilates program or remodel your current Pilates program with a 30 minute Complimentary Discovery Pilates session*.

To book simply contact Jose at josec@kayahc.com.au or call on 0402 025 233

LIMITED SPOTS AVAILABLE

Bookings based on practitioner's availability – ends on 31/03/17 – may be withdrawn earlier – cancellation fees may apply for non attendance



**FORGET SOCIAL MEDIA; THE REAL
SUCCESS STORIES AND INSPIRATION
CAN BE FOUND HERE AT KAYA.
MEET DANIELLE.**

My story is a little different to where most people start out on their health journeys. I suffered from anorexia and needed to get myself back to a healthy emotional and physical state. While trying to gain weight, everyone used to tell me to 'eat a burger' to fatten me up - which is the exact opposite of what my mind and body needed at such a critical point. I needed to be gently nourished and to slowly build myself up to good health; nutritionally, emotionally and physically.

I was lucky enough to hear about Kaya just over two years ago. When I first joined the club, I was extremely weak and desperately seeking a low-intensity activity that I could use to rebuild my strength without putting too much stress on my body or burning too much energy, as all my energy at the time was needing to be channelled into my recovery.

I was suffering from digestive issues as a result of the inflammation and toxicity in my body which was preventing my body from absorbing the nutrients it desperately needed to repair and grow, in turn causing constant soft tissue injuries and stumping my progress. I met a kinesiologist and naturopath through the club who assisted me with my gut troubles as well as my emotional state by getting to the source of my insecurities. Once I began understanding that emotional, physical, and nutritional wellness all went hand in hand, I began to understand what I needed to do to get there.

I was introduced to a nutritional program which provided my body with the nourishment it needed to repair, ease the inflammation, and reset my body to function in its optimal way - and within weeks I noticed a difference in myself. I had clarity, I felt strong, I was no longer feeling lethargic, and my gut and inflammation troubles had all started to subside. I started to incorporate some other supplements into my routine for strength, muscle and performance and began weight training. This is where the noticeable physical results began; it was a domino effect from there. I felt great on the inside and I felt great on the outside, I was happy and confident and with all of these things combined I became an unstoppable force, no looking back.

In the two years since joining Kaya, I have gained 17kgs of lean muscle and so many other things I value so much- friendships, knowledge, self-confidence and self-love. I strongly urge anyone in a similar situation to seek help and find a happy place that allows you to feel safe secure and comfortable to start your own journey back to good health. I now love and appreciate my body and all that it is capable of. I treat my life and my journey as a blessing and take pride in my overall wellbeing- physically, emotionally and spiritually.

