

## A MESSAGE FROM CHRISTIAN & KOULA....

Now that we're reaching the end of the year, Koula and I would like to take the opportunity to thank all of our members for a fantastic 2017. I know I've said it before, but our members are what makes our club so special and it's been a privilege to share in your health and wellness journey. I wish you all a safe, happy and healthy festive season!

The festive season is a wonderful time of the year but it's also easy to overindulge and to lose motivation with your fitness goals – I know it's happened to me in the past! If you're keen to continue your momentum, read on for some fun take-away exercises that

you can do while you're on your break. Keeping up your exercise also makes it so much easier to get back into it in the New Year!

Here's to a fantastic 2018 – I look forward to being a continuing part of your wellness journey next year!



Christian Ruggeri - Founder



## CONGRATULATIONS ARE IN ORDER!

Matt Culley (Emporium) and Ashleigh Flynn (Pahran) have both recently been promoted to Assistant Club Managers at their respective clubs! As Assistant Club Managers they supervise and handle all our member services experiences and relations, as well as our fantastic member care team. They also assist with day to day operations around the club to ensure everything is running smoothly. We caught up with Matt and Ashleigh to find out more about them, where they come from and what they love about their roles.



### MATT CULLEY

**How did you find Kaya?** After working for 13 years in the financial industry I wanted a change. I wanted something foreign and challenging and out of my comfort zone. I saw the ad for KAYA - one Google search and two wonderful years later and here I am! And the rest is still to be written for me here at KAYA.

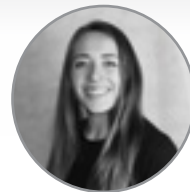
**What is your background, where did you come from?** I grew up on a farm in a small country town in NSW called Temora. I lived in Sydney for a year but I moved to Melbourne 11 years ago (best decision!). I have always loved being active. I have ridden horse all of my life and make sure I get on the saddle when I visit my family back home. I also played a lot of different sports growing up, from hockey to tennis to swimming to dancing to football.

**What does your training regimen consist of?** I train 3 times a week with Emma Cochrane, one of our Resident PT's at Emporium. I also try and get into a Fitness circuit class once a week and as many Pilates classes as possible!

**What does your nutrition consist of to help get you through the day?** I love oats! I would eat oats every morning if Emma let me! I generally eat rather healthy, but I'm the worst at skipping meals. And I'm a lover of doughnuts. Any doughnut - I'm not picky, to me they are all wonderful. You need a balance in life and doughnuts balance me out.

**What is your favourite aspect of your role?** Being a membership advisor previously I loved getting members started on their Kaya journey. Now, as Assistant Club Manager I get to see members checking in every day and enjoying Kaya and that makes my day!

**What are your goals for the future?** I have a lot of goals... but my main goal is a secret at the moment, you will see and hear about it in the months to come.



### ASHLEIGH FLYNN

**Why did you choose to work at Kaya?** I was working in an admin role Monday to Friday, 9am to 5pm and I thought this was going to be my dream job. I quickly found there were no challenges and limited interaction with people. I was bored and soon felt like I was in rut. I went through some health issues and found nutrition and exercise was the best medicine for me and I wanted to use my skills and knowledge to be able to help others. Kaya believes in everything I believe in, so it was a no brainer.

**What is your background where did you come from?** I am from Hawkes Bay, New Zealand! I moved to Melbourne almost 5 years ago. As much as I am a proud Kiwi, Melbourne is now my home. I love to travel and see the world but nothing beats visiting home and spending time with my family. I am especially excited this year to meet my first nephew!

**What does your training regimen consist of?** After breaking my leg earlier this year I have had to alter the way I like to train. My regimen is predominantly rehab at this stage; however, I use a variety of techniques which I have picked up from sessions with our personal trainers which help me get my weights fix!

**What does your nutrition consist of?** I don't restrict myself with food groups, I know what is good for my body and 80-90% of the time I am eating yummy wholesome foods. The other 10-20%, I mean, who doesn't love cake!

**What are your goals?** To be 100% recovered and get back to my previous training ability. I would love to be the Club Manager of Kaya's next club. I am looking at you Christian and Koula - time for another baby?!

## FESTIVE SEASON CLUB OPERATING HOURS

As we enter the festive season, please familiarise yourself with our club operating hours over this time. For class times during this period, grab a festive timetable from reception. You will also see them displayed on each studio door and on our website! *\*subject to change*

PRAHRAN	
Mon 18th Dec - Fri 22nd Dec	5.30am - 8pm
Sat 23rd Dec	7.30am - 5.30pm
Sun 24th Dec	8am - 2pm
<b>MON 25TH DEC</b>	<b>XMAS DAY - CLOSED</b>
<b>TUE 26TH DEC</b>	<b>BOXING DAY - CLOSED</b>
Wed 27th Dec	6am - 8pm
Thu 28th Dec	6am - 8pm
Fri 29th Dec	6am - 7pm
Sat 30th Dec	7.30am - 5pm
Sun 31st Dec	8am - 2pm
<b>MON 1ST JAN</b>	<b>NEW YEAR'S DAY - CLOSED</b>
Tue 2nd Jan - Fri 5th Jan	6am - 8pm
<b>SATURDAY 6TH JAN</b>	<b>NORMAL CLUB OPERATING HOURS RESUME</b>

EMPORIUM	
Mon 18th Dec - Thurs 21st Dec	6.30am - 8:00pm
Fri 22nd Dec	6.30am - 7:30pm
Sat 23rd Dec	8am - 2pm
Sun 24th Dec	9am - 2pm
<b>MON 25TH DEC</b>	<b>XMAS DAY - CLOSED</b>
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Sat 30th Dec	9am - 2pm
Sun 31st Dec	9am - 2pm
<b>MON 1ST JAN</b>	<b>NEW YEAR'S DAY - CLOSED</b>
Tue 2nd Jan	6.30am - 7.30pm
Wed 3rd Jan	6.30am - 7.30pm
Thu 4th Jan	6.30am - 7.30pm
Fri 5th Jan	6.30am - 7.30pm
Sat 6th Jan	9am - 2pm
Sun 7th Jan	9am - 2pm
<b>MON 8TH JAN</b>	<b>NORMAL CLUB OPERATING HOURS RESUME</b>

## LET'S ALL DO OUR BIT

To ensure quick and easy access to equipment and to assist your fellow members, please ensure weights and equipment are put back in the correct place after use. If the equipment is in the correct place, everyone will know where to find it! It also helps keep the floor of the weights area tidy and clear which is important for member safety and also assists in freeing up space.



## NEW STRETCHING AREA

We've also introduced a new stretching and foam rolling area opposite the cardio zone at our Prahran location, complete with mats and rollers for member use. Enjoy this new space!

## SPINNING CLASSES TO HELP WITH HOLIDAY SEASON INDULGENCES

With the holiday season upon us, you might feel the urge to overindulge a little – it happens to the best of us! To help keep the holiday excess in check, come along to one of our spinning classes

for a low impact way to maintain your health and wellness. Spinning offers a number of benefits including increasing your cardio fitness, building muscle tone and relieving stress. You'll also love the fun, dynamic atmosphere of each class which will keep you motivated. Join one of our spinning classes today for a little balance this festive season!



## MEMBER BENEFITS

Did you know we have welcomed these amazing new partners to our Member Benefits page? Kaya partners with like-minded businesses to bring our members genuine and exclusive savings and offers. Visit [www.kayahealthclubs.com.au/benefits](http://www.kayahealthclubs.com.au/benefits) to see all that is on offer!



## FESTIVE SEASON RECIPE FROM RESIDENT NATUROPATH NINA STABEY

If you've been looking for a crowd pleasing recipe this festive season which is also healthy, our resident naturopath Nina Stabej has you covered. Her easy recipe is hassle free, quick to prepare and perfect for entertaining. Best of all, not only is it good for you, but it also tastes delicious! Give it a try!



- 200 gm Creamed coconut\*
- 1/3 cup Flaked almonds
- 2 tbsp Extra flaked almonds
- 1/4 cup Mixed citrus peel
- 1-2 sprigs Fresh rosemary (optional)

**METHOD:** Line a tray with baking paper. In a saucepan, gently melt creamed coconut over a low heat, stirring consistently to prevent it from burning. Once melted, add the 1/3 cup flaked almonds and combine well. Pour mixture onto baking tray and sprinkle the citrus peel over the top, and then sprinkle extra almonds and rosemary leaves evenly. Refrigerate until firm, break into individual size eating pieces and enjoy! *\*available from Asian stores*



### NINA STABEY – RESIDENT NATUROPATH

Nina has been in the health industry for over 24 years and refers to herself as a “student of life”. She delivers her vast knowledge in a practical, realistic and user friendly way. Nina treats out of our Emporium Club on Tuesdays.

e: [therapist@kayahc.com.au](mailto:therapist@kayahc.com.au) m: 0405 300 665

# TAKE YOUR FITNESS WITH YOU DURING THE FESTIVE SEASON!

Whether you're going away on holiday or spending time at the beach this festive season, you'll probably be missing Kaya! Keep in line with your health and fitness goals wherever you go this season with this take anywhere full-body workout put together by our Prahran resident personal trainer Billy Santos & Pilates Teacher Claudia House. All you need is some space, a mat and a bit of motivation to maintain your health and fitness during this busy time!

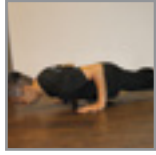
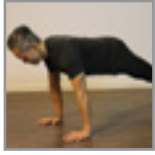
**PERFORM EACH EXERCISE FOR 45 SECONDS WITH 15 SECONDS REST X 2 | TOTAL TIME = 12 MINUTES**



## 1. HIGH PLANK SHOULDER TAPS

Start in a plank position with your hands underneath your shoulders and your feet hip width apart. Touch your left shoulder

with your right hand and return it to the plank position. Repeat same process with left hand alternating until time is complete.



## 2. PUSH UPS

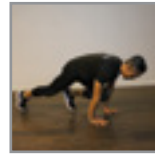
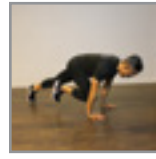
Lie on the floor face down and place your hands about shoulder width apart while holding your torso up at arms' length. Next,

lower yourself downward until your chest almost touches the floor as you inhale. Now breathe out and press your upper body back up to the starting position.



## 3. STATIONARY LATERAL STEP OVERS

Start with the left foot on the step and the other to the side. Sit your left glute down as you swing your right hand up. Push your left heel through the step as you drive the right knee up and land your right foot flat on the step landing your left foot softly, repeat until time is completed You can use a bench or even a sturdy chair for this exercise!



## 4. HIGH PLANK MOUNTAIN CLIMBERS

Begin in a push up position, with your weight supported by your hands and toes. Flexing the knee and hip, bring one leg until the knee is approximately

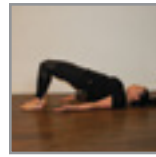
under the hip. This will be your starting position. Explosively reverse the positions of your legs, extending the bent leg until the leg is straight and supported by the toe, and bringing the other foot up with the hip and knee flexed. Repeat in an alternating fashion for the 45 seconds.



## 5. SIDE PLANK EXERCISE

Start by sitting on your right hip, knees bent. Place the top leg forward, feet hip width apart. Keep the hand under & in line with the shoulder, with fingers pointing away

from the body. Exhale, lift the side waist, ribcage, hips, and thighs up off the mat. Balance on the right arm, shoulder and side of your foot. Reach the opposite hand up to the ceiling. Activate the muscles along the outside of the supporting leg to keep the hips lifted. Thread the arm under the body, whilst lifting the hips engaging through the obliques. Repeat on opposite side.



## 6. HIP ROLLS EXERCISE

**Progression:** Single Leg Hip Roll (pictured)

Start by lying on the back with knees bent, feet hip distance apart. Ground through the heels, slowly peel the spine off the mat, one vertebrae at

a time. The body will rest on the shoulders and the ribs will be sliding down towards the hips. Neck is in neutral and shoulders are down and away from the ears. Continue with hip rolls, squeezing into the gluts and hamstrings.



### BILLY SANTOS: PRAHRAN RESIDENT PERSONAL TRAINER

Billy has been in the fitness industry for over 15 years. His affinity for running, fitness and premium service means his clients sessions are customised, results orientated, challenging, variable and fun! [e: pt.billy@kayahc.com.au](mailto:pt.billy@kayahc.com.au) [t: 0422 844 887](tel:0422844887)

## ELIXR SCHOOL OF PILATES (ESOP) GRADUATE SPOTLIGHT... ANNIKA MIELNIK



### Why did you decide to enrol in the ESOP Course? I

have been a Pilates Mat instructor for a little over a year, reformer was always something I wanted to work towards. Earlier this year I decided I wanted to take that step, talking to fellow Mat instructors who had their reformer qualification they all spoke very highly of Elixir School of Pilates (ESOP). I attended a few Kaya reformer classes where I loved the structure, confidence and knowledge all instructors had! This feedback, along with Kaya running the ESOP course and using its foundation in the Kaya studios, I enrolled!

**How was your overall experience?** My overall experience was fantastic - I have never worked my body and mind so hard on weekends! Learning exercises I never knew were possible and getting a greater understanding of the reformer and our bodies was amazing!

### Can you describe the learning environment and the teacher trainers?

We had a beautiful group of upcoming instructors, supporting each other through the "aha" moments and the confusions, meeting people with similar passions and knowledge of their own fields, each individual added to the group in many diverse ways. The learning environment was

encouraging and uplifting as the teacher trainers shared their wealth of wisdom and passion, always motivating us to believe in ourselves and learn what we could without judgment.

### Any advice for someone thinking of taking the course or become a Pilates instructor?

You will develop an understanding and awareness of your own body and mind, learning for yourself first and then passing that knowledge and drive onto others - it's a pretty amazing feeling. The course and becoming an instructor has opened so many doors for me and I thank myself for deciding to commit to that goal.

### What are you most excited about becoming a Kaya Reformer Pilates Instructor?

Sharing my Pilates passion and burn with members, putting all of the study and learning into practice. I am incredibly excited to allow others to create and discover the best versions of themselves and be amongst the inspiring atmosphere that Kaya offers.

## ELIXR SCHOOL OF PILATES ENROLLMENTS NOW OPEN FOR APRIL/MAY

Contact Claudia House for more information [e: claudiah@kayahc.com.au](mailto:claudiah@kayahc.com.au) [t: 9090 1031](tel:09091031)

## TOMMY KENDE



### What's your background?

I was born in Budapest, Hungary and came to Melbourne when I was 8 with mum and dad. School was not my thing, but music absolutely was. I spent most of my 20's and part of my 30's touring the world with my band Juke Kartel. We toured with guys like Tommy Lee and Slash so I come from a very different background then being a holy Yoga dude. Now I teach Yoga and have a Reiki Healing practice in Elwood. Go figure! I found Yoga (Yoga found me), when I was living in Los Angeles. My first ever class was a Kundalini Yoga Class with Guru Singh. I never looked back. That man introduced me to the first day of the rest of my life. My ultimate goal is to build my teaching to a level where I can help people all over the world grow through Yoga, Reiki and life transformation tools. I am obsessed with why people do what they do, I am also obsessed with why I do what I do.

### Why do you love teaching Yoga?

I love seeing people transform in front of my eyes. When you realise that the science of Yoga doesn't have much to do with the actual poses, it's a great day.

### Why do you practice Yoga?

It turns me inside out and outside in. I just love the feeling of getting on the mat and moving the body. Any time life brings a challenge, I'll roll out the mat for a practice and then do some intense breathing work.

### What's your favourite asana?

If I said which one, all the other asanas would feel left out.

### What's your least favourite asana?

Birds of Paradise. I don't mind making that guy feel bad.

### Favourite quote?

"Be the change you want to see" - It pretty much says stop playing victim and take ownership over your own life. We get choices in every moment.

### Why did you choose KAYA?

It's a really great vibe. All the studios are stunning and you can really feel the commitment of the students.

You can catch Tommy on the mat at Emporium every Friday for 6.45am Vinyasa



## KAROL DAMIEN



### What's your background?

I was born in Brazil, and come from a quite mixed background (which really defines what being Brazilian means). My heritage is mainly Brazilian Indigenous and Italian, however there are traces of African, and other European cultures somewhere along the history as well. Although I grew up in a big city and wasn't exposed to much of my heritage. Maybe because of it, I turned out to be one of those kids that is always trying to understand the why's of everything (bless my parents!). I guess I can say my "search" for meaning started very early on. I have always been curious about how life works, and how we related to each other. I started by studying social communication and even worked in marketing for years. Not a surprise that the corporate world couldn't really answer my big life questions! So after a scary stress burnout, I left it behind me to go search for more meaningful possibilities. I spent the last 10 years reading and studying many topics such as Psychology, Buddhism, Philosophy, Spirituality and Natural Therapies.

### What don't we know about you?

The Italian part of my heritage comes from the circus! I've even tried the juggling thing at some stage, but it was definitely not in the blood!

### Why do you teach Yoga?

It is my way to give back and create space for people to feel themselves. We spent so much time in our minds nowadays, that to be able to feel again is a real blessing.

### What's your favourite asana?

Wild thing. It gives me the sense of freedom of a heart opening asana, with a taste of playfulness and grace.

### What's your least favourite asana?

I wouldn't say I have one. I guess there's always the asana that may feel more challenging at times, but that is where the lesson hides. Isn't it?

### Favourite quote?

"When you realize how perfect everything is, you will tilt your head back and laugh at the sky" - Buddha

### What drew you to KAYA?

I find it very special how you can feel the love and care in every little touch. Kaya was one of the first health clubs I joined when I moved to Australia, and was a great inspiration for me as grew into my practice.

You can catch Karol on the mat at Emporium every Monday for 6.45am Vinyasa

