



Timetable Term 2

2017 has progressed so far at cyclonic speed. It has been a busy start to the year at Reviva with a great turn out at classes and lots of private clients to keep me on my toes. The development in core strength, flexibility and general fitness has been fulfilling to observe. I had the pleasure of welcoming 37 new clients this term and I reckon quite a few Pilates fanatics have been generated to join the Reviva posse. As a small local business you are all valued clients and I thank you very much for your loyalty. I endeavour to provide you with a high standard session and include a balance of variety and consistency. My aim is to get you results but leave you feeling invigorated so you depart a session that you've really enjoyed.

This term has been cut short by a week as I will be in Byron Bay as part of my Yoga Teacher Training with The Byron Yoga Centre. You'll see more info below. Please check out the timetable and don't forget to get yourself booked in for your important "you time" and keep the mechanics of that finely tuned vehicle we call "our body" running smoothly.

Day	Class	Time	Location	Term 2 Dates	Cost
Monday	Morning Pilates	9.15 am	Kalamunda Anglican Church hall	1,8, 15, 22, 29 May 12, 19, 26 June	\$120 for 8 week term or \$18 drop in.
Monday	Youth Pilates	6pm	Kalamunda Anglican Church hall	1,8, 15, 22, 29 May 12, 19, 26 June	\$96 for 8 week term
Monday	Pilates	7pm	Kalamunda Anglican Church hall	24 April, 1,8, 15, 22, 29 May 12, 19, 26 June	\$135 for the 9 week term
Tuesday	Purna Yoga	9.30 am	Kalamunda Anglican Church hall	2, 9, 16, 23, 30 May 6, 13, 20, 27 June	\$135 for the 9 week term or \$18 drop in
Tuesday	Kids Yogalates	3.30 pm	Gooseberry Hill Hall	2, 9, 16, 23, 30 May 6, 13, 20, 27 June	\$108 for the 9 week term.
Thursday	Morning Pilates	9.15 am	Gooseberry Hill Hall	27th April 4, 11, 18, 25 May 1, 8, 15, 22, 29 June	\$150 for 10 week term or \$18 drop in.
Thursday	Pilates	6.45 pm	Kalamunda Old Town Hall	27th April 4, 11, 18, 25 May 1, 8, 15, 22, 29 June	\$150 for 10 week term or \$18 drop in.

- Pilates & Yoga \$18 drop in or \$15 term payment i.e. 10 wks = \$150
- Youth & Kids Yoga /Pilates \$12 payable per term i.e. 10 weeks = \$120
- SPECIAL OFFER : \$250 term pass for unlimited Pilates Classes.
- Term booking required for Monday evening class.
- No classes on Anzac Day
- No Morning and Youth Pilates on WA Day. 7pm Pilates is on!
- Please let me know which class you'd like to attend so I can monitor numbers.

Start back dates at a glance

Monday Pilates 9.15am -1st May

Monday Youth Pilates 6pm - 1st May

Monday Pilates 7pm - 24th April

Tuesday Purna Yoga - 2nd May

Tuesday Kids Yogalates - 2nd May

Thursday Pilates 9.15am - 27th April

Thursday 6.45pm 6.45pm - 27th April



New Class - Purna Yoga

Enlightening Reviva in term 2 is the addition of a yoga class and perhaps more in due course. In addition to Pilates, Yoga is also part of my self practise. Currently I alternate weekly class practice here in Perth in the form of Vinyasa, Mysore Class and Yin Class - my time and a bit of escapism from The Hills. Whilst teaching Pilates, I've worked with some amazing Yoga Instructors through my career from Hatha, Ashtanga, Dru to Fitness Yogi's and previously shared a studio with a Kundalini Yoga Instructor in Scotland. At Stobo Castle I taught Freestyle Fitness Yoga (no sanskrit terms, philosophy, meditation or ethics of yoga - just poses) classes and more recently I completed Rainbow Kids Yoga Teacher training. So it's only natural to add Yoga to the Reviva repertoire. These insights have given me guidance to which Yoga teacher training I should choose to study. The Byron Yoga Centre is the oldest Yoga Teacher Training school in the southern hemisphere. It specialises in Purna Yoga. *Purna* is a Sanskrit word meaning "complete or integrated." Purna Yoga represents a holistic approach to yoga integrating not just the various physical postures but also philosophy, meditation, pranayama breath control and the yogic personal and social code of ethics. The postural instruction is alignment focused - why of course that would my choice with alignment and posture an important part of the practise! Sequences range from gentle restorative to dynamic. I hope to see some of you explore your fitness journey with Yoga alongside your Pilates practice.



One to One Pilates

For 1 or 2 people with myself working with small equipment and mat repertoire. These sessions are highly personalised programmes.

1 x Private (1 or 2 people) \$70.00 for the hour

5 x Private \$.315

Availability for Term 2

Monday	Tuesday	Thursday
11 am Booked	11 am available	11 am available
1 pm available	1 pm Booked	1 pm Booked

I am delighted to have progress at home towards a home studio and amazingly we've even got round to obtaining a garden shed and foundations set. This will free up our garage in due course where transformation will eventually take place to form a comfortable one to one studio for clients (and family fitness den). My biggest excitement is to provide Pilates Reformer sessions for you again - will keep you posted.

New Venue on Mondays

Please note that Mondays Pilates classes will now be held at The Kalmunda Anglican Church Hall which is located at the very end of Railway Road near the library/opposite the Kalamunda Hotel. The hall is a beautiful, large, bright and airy space with ample parking available right outside. It has heaters for winter and fans for summer. Perfect for us!



New Toys!

In addition to foam rollers, stretch band, soft balls, weighted balls, massage balls, magic circles we add another "implement of torture" as often referred to jovially by clients. Tubing is a great way to enhance our standing and matwork Pilates. Also varies movements and add extra load for improved strength.

See you back on the mat!

Healthy regards,

Louise



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