



Hi, I'm Jumpa, the MNW therapy dog! Welcome to our **winter 2011 News!**

It's great to see you all in the clinic and studio getting fit and healthy. I'd wag my tail, but I'm a stumpy tailed cattle dog and don't have one.... I wanted you to know that my owner, Jodie, said she loves being able to help you reach and maintain your goals at MNW and is excited at all the new and exciting things we have for you in this edition. Also, I have to say thank you for my tummy rubs 😊

see you soon, *Jumpa* Oh one more thing, if I'm giving you too much love when you see me at work just say, 'On your mat' and away I go 😊

Let's start off with something NEW....

## **Enlightening Hypnotherapy at MNW**



Caryl Blomkamp

### **Hypnosis is empowering, enlightening, energizing**

**FACT:**

Most people used to see hypnotherapists mainly for smoking and weight loss. But these days so many people are desperate just to RELAX, and have some respite from our frantic and fast paced lives. Hypnosis does not only relax your mind, it also DEEPLY relaxes all your muscles and makes you feel so wonderfully refreshed.

Hypnosis is as old as the human race. The inexplicable and bewildering phenomena of hypnosis and the seemingly miraculous results it produces has surrounded it in an aura of the supernatural and the unreal. As a result, the general public's attitude towards hypnosis has been, and too often still is, one of superstitious awe, misunderstanding and fear. Thankfully, all the new and existing research on the connection between mind and body as it relates to health and illness has hypnotherapy on the leading edge of these new frontiers. People are becoming less afraid of this gentle and simple process as they realize that its non-invasive techniques have long lasting, positive effects.

[click here](#) for more information



## FREE GROUP SESSION Thursday 9th June 1.15-2.00pm:

### Topic: Hypnohealth

This session will encompass all kinds of healthy living, so whether your issue is smoking, weight loss, relaxation...etc, the session will be phrased to apply to each individual's goal to move one step towards reaching it. You will all be seated comfortably and you do not need to say anything in the group. It is easy to be guided by Caryl and feel safe and confident in this session.

No harm in trying it out and seeing if it's something you feel can help you.

This session is free! **To reserve your place email [Jodie@mnwc.com.au](mailto:Jodie@mnwc.com.au) or sign up at reception- limited to 15 people.**

## WINNERS FROM LAST NEWSLETTER PRIZE:

1st prize: Louise Lonergan won 6 month membership to the studio valued at \$762

2<sup>nd</sup> prize: Peter Maurer 6 x 60 min massages valued at \$582

3<sup>rd</sup> prize Patricia Quinn \$100 voucher to be used toward any service in the clinic or classes in the studio

Missed out? Simply click here to like us on [face book](#) or follow us on [twitter](#) to go into the draw to WIN a winter wellness package:

A 30 min naturopathic consult plus 2x Immune BOOSTING products

PLUS a 30 min massage or a week membership to the studio!

TOTAL VALUE over \$250



## NEW STAFF MEMBERS



Courtney Wareham RECEPTION GURU! Now you can put the face to the voice on the phone. We love having Courtney here to help you.

### CLINIC:

[Tim Howden](#)

Naturopath specializes in mens and children health

[Voula Tsonis](#)

Specializes in hormones, digestive issues and skin concerns

[Caryl Blomcamp](#) – Hypnotherapist

[Ingrid Perri](#) – NLP what is NLP anyway? We like to call it Life Coaching, read more by clicking [here for our NLP page](#)

STUDIO: For full profiles and styles of classes [click here](#)

Kristy – Pilates

Lucinda - Yoga

Donna – Mat Pilates and Yoga

Jackie – Yoga

## DO YOU KNOW ABOUT ALL THE SERVICES WE OFFER YOU?

A few of you have come in for one service, but don't really know all the other ways we can help you! [click here](#) to watch our quick video and show your friends who haven't quite made it in to see us. They will get a really good look at us and what we do and how we can help them.



Speaking of friends..... **DID YOU KNOW** that every time you refer a friend to us, you receive **\$15 Credit** on your account? Just let reception know if you referred someone and we will credit your account when they come in to visit us.

## STUDIO:

MNW will be hosting an exhibition by our remedial therapist Kasia  
The work includes paintings, print making and mixed media works based on Port Phillip Bay and the artist's connection to the landscape. See her website for her work.

**The opening will take place on Friday, the 24th of June at 7pm.**



## ARE YOU STIFF?

Want to learn how to stretch and prevent injuries? Our resident Myotherapist and Remedial Massage Therapist Ben Crockford will be holding a workshop on

### **Stretching for Office Workers**

in the next few weeks. Email [Jodie@mnwc.com.au](mailto:Jodie@mnwc.com.au) to register your interest. Only \$17 You may use this as a \$17 off your next appointment with [Ben](#).



Membership to the studio is only \$30 per week with unlimited yoga mat pilates classes and meditation classes and up to 3 reformer pilates classes per week. Min 12 week no joining fee [click here to join](#) this is a limited time only.

Remember to swipe your key tag or sign in to the class on each visit. If you can not make it please take yourself out of the class 3 hours before the scheduled start of the class or email [Jodie@mnwc.com.au](mailto:Jodie@mnwc.com.au) to cancel or call Courtney 9662 1311 so we can put someone else in and save you from being charged a no show fee.

*Even if it's a last minute cancellation, we may be able to put someone else in from the wait list so no one misses out on a class. Think how you would feel if you were on the waiting list and someone didn't show up for their class. You could have had a space in the class if someone took themselves out of the class. 😊*

We want to know what classes to put on and what you like so email [Jodie@mnwc.com.au](mailto:Jodie@mnwc.com.au) your comments and suggestions so we can make the studio better for you. Look out for our studio survey coming soon!

Keep an eye on the website specials page for workshops coming up. If you would like to be notified when these are coming up please email [jodie@mnwc.com.au](mailto:jodie@mnwc.com.au) so we can inform you.

*ALSO , we would love to hear what workshop topics you would like so please email them to me as well!*



### WANT TO WORK OUT ON YOUR OWN?

If you would like to do self practice or with some friends, email [Jodie@mnwc.com.au](mailto:Jodie@mnwc.com.au) with times you are after to use the mat or reformers at a **reduced rate** when classes are not on.

## HEALTHY INVESTMENTS

1<sup>st</sup> July we will have a slight increase in our prices. We unfortunately need to do this each year as the cost of doing business also increases each year. If you would like a copy of our new price list please ask Courtney on reception when you are next in or ask us to email one to you.

## WANT MORE VALUE?

### **Pre pay**

Pre pay 3 sessions of any follow up appointment or modality and receive 10% off

### **ALSO:**

**Add \$500 credit to your account and we will add and extra \$50!** Still do hiccups on your transactions with your private health rebates and we take the remaining gap payment off your existing \$550 credit. Saves time when you finish your appointment *and money of course*

## OPENING TIMES

### STUDIO

7.15am-8.00pm Monday – Friday

Sat and Sun 9am-3.00pm

### CLINIC

Monday – Fri 9am -7.30pm

and every 2<sup>nd</sup> Sat for massage 10-2pm

## LIFT:

I would really like to take this 'lift' feature out of our newsletter 😊 We will be getting a new lift hopefully by the end of the year!! FINALLY .... Please be aware you will need to take the stairs during this time and we will have a concierge who can help you if you need.

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## NOW FOR THE TIPS TO HELP YOU



### GENERAL GUIDELINES FOR GOOD HEALTH by DEANNE LINDE NATUROPATH

- Eat more vegetables
- Eat Breakfast
- Smaller servings more often, this will starve off cravings and help your metabolism
- Include protein in every meal, this will help stop the 3.00 itis! Include seeds, lean meat, nuts, yoghurt, chickpeas etc

- Increase omega 3 fats – oily fish including salmon, tuna, or try walnuts! – shaped like a brain so good for your brain too!
- Eliminate sugar where possible
- Reduce white foods, pasta, sugar, salt, white flour
- Look for alternatives to calcium such as seaweed, sesame seeds, parsley, almonds
- Immune booster, GARLIC and ONIONS in your cooking helps liver and immune function
- Lemon in hot water in the morning kick starts your liver and metabolism

For more information on these or for an appointment with Deanne Linde, Naturopath to maintain your health and wellbeing call 9662 1311 now.

Deanne is available Mondays and Tuesdays



### My 5 Easy Steps To Feeling Great Ingrid Perri Life Coach

#### 1. SMILE

Sounds simple doesn't it? *It is*. When you approach the day with a smile on your face you are guaranteed to have a great day. Think back to the last time you got out of bed feeling happy. I bet your day went brilliantly - great car space, excellent service in the shops, work colleagues helpful and supportive, you felt alive and attractive.

And think about a time you got out of bed grumpy – how did that day go for you?

#### 2. POSTURE

If you're feeling less than wonderful, check your posture. Chances are you're hunched over in your chair or stooping as you walk along. When you slouch and hunch over you block the flow of *chi (energy)* through your body as well as the blood and oxygen flow to all your organs, muscles, nerves and bones. And, if you're walking along looking at the ground, you literally miss the world around you, you can stumble and fall, you disconnect from your surroundings and you can miss out on new opportunities and new people.

#### 3. WATER

I know you've heard it before but it's so true. When your body is hydrated, everything improves – your digestion, your skin, your memory and brain function, your energy levels - everything. Water is cheap, readily available and is the best medicine on the planet. So go on, drink your 1.5 – 2litres daily and feel the benefits.

#### 4. **GRATITUDE**

Develop an attitude of gratitude and notice what a difference it makes to your life. Be grateful for all the good things you have, the love, the beauty, the fresh air, your cat, your dog, your garden, your home, your health, your family, your friends and...*yourself!*

Even if your life is not going as pleasantly as you would wish, there is always something to be grateful for, if only you look for it. Remember, what you look for is what you will find – look for things to be grateful for and you will find them. The more you look, the more gratitude you will have in your life.

#### 5. **REWARD YOURSELF**

Regular, small rewards to yourself keep you motivated and positive. This can be a really difficult thing for many people to do. Many of us feel we are undeserving of being treated well, *especially by ourselves*. Until you can *accept the concept of self reward and participate in it on a regular basis*, it will be difficult for you to move forwards in your life. Go for a walk, eat a fresh peach, smell a rose, have an aromatic bath...You deserve it!

Have you tried NLP or Life Coaching with Ingrid Perri? Why not [click here](#) to have a look at our NLP page to find out how it can help you. Ingrid is available on Tuesdays.

*Phew! I'm exhausted from writing all that information I'll see you soon...now time for a quick nap*



zzzz

***Ps for the studio people***, we would love feedback on the two **proposed** timetables below, see which one you like best or email [Jodie@mnwc.com.au](mailto:Jodie@mnwc.com.au) your suggestions and requests. If we know what you are going to come along to, we can put the classes on for you!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30		Flow Yoga lucinda		Yoga/Pilates 60 min donna			
9:45						* Beginner Reformer Kristy	
10:00						Reformer kristy	
10:45						Reformer kristy	
11:00							Pilates 60 min Donna
12:00						Flow Yoga 60 min Lucinda	Hatha YOGA Donna 60 min
12:15	Pilates carina	* Beginner Reformer kristy	Reformer Josh	Pilates Donna	Reformer Carina		
12:30		Reformer kristy					
1:00	Reformer carina				Reformer Carina		Meditate/ Relax
5:15	* Beginner Reformer Jodie		Reformer Josh				
5:30	Reformer jodie	Pilates Kristy		Hatha YOGA jackie 55 min	Hatha YOGA jackie 60 min		
6:00			Reformer Josh				
6:15	Reformer jodie	Reformer kristy					
6:30				Reformer Carina			
6:45			YOGA ? 60 min				
7:00		Reformer kristy					
7:15				Reformer Carina			

# OR 2

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30		Flow Yoga lucinda		Yoga/Pilates 60 min donna			
7:45			Reformer Josh				
9:45						* Beginner Reformer Kristy	
10:00						Reformer kristy	
10:45						Reformer kristy	
11:00							Pilates 60 min Donna
12:00						Flow Yoga 60 min Lucinda	Hatha YOGA Donna 60 min
12:15	Pilates carina	* Beginner Reformer kristy	Reformer Josh	Pilates Donna	Reformer Carina		
12:30		Reformer kristy					
1:00	Reformer carina				Reformer Carina		Meditate/ Relax
5:15	* Beginner Reformer Jodie		Hatha YOGA jackie 60 min				
5:30	Reformer jodie	Reformer kristy		Hatha YOGA jackie 60 min	Hatha YOGA jackie 60 min		
6:15	Reformer jodie	Reformer kristy	Reformer Josh				
6:30				Reformer Carina			
7:00		Pilates Kristy	Reformer Josh				
7:15				Reformer Carina			