



Join us for Australia's Largest Yoga Challenge...

The Yoga Aid Challenge aims to raise awareness of the benefits of Yoga and raise funds for children in need.

When: Wednesday October 10th
 Where: Royal Botanical Gardens
 With: 300 + Yogis
 Doing: 108 Sun salutations

Register online now at yogaaid.com



The High Tea Party is back! Following its extraordinary debut at the Sir Stamford in Circular Quay in

February 2007, The High Tea Party will now stage a spectacular affair in Double Bay.

Venue: Stamford Plaza in Double Bay
Dates: 6-7 October 2007

It is truly a 'Ladies Day of Decadence' where you will enjoy classic high tea whilst viewing gorgeous fashion parades, style sessions, lingerie showcases with complimentary fittings.

Themed guest rooms, made over into pamper stations where you can take pleasure in complimentary massages, manicures, beauty advice and much more!

The day would not be complete without your own personal driver, so The High Tea Party have arranged for a luxury chauffeur service to drive guests to Westfield Bondi Junction where you can take advantage of the special offers in the gorgeous gift bags, which is the perfect end to the day.

Tickets are \$85. Book NOW! Hurry, some sittings sold out
<http://www.thehigh-teaparty.com.au/>



NEW TO YOUR CLUB:

- RFK: Real Fitness Kickboxing Beginners courses at Bondi Junction: Sept 15, 29 / Oct 6, 20, 27
 From: 11.30am to 1.00pm
 Book now at reception.
- Elixir Boxing Gloves and inners for sale with very cool colour choices!
- Elixir Training Packs with our new limited edition "Elements" T-shirts
- New opening hours on Sundays at Bondi Junction from 2nd Sept: 8.30am

SPRING CLEAN YOUR BODY

Our modern lifestyle is largely to blame for most of the ailments we experience, especially when it comes to our digestive system. Bloating, constipation, acid indigestion and numerous other nasty symptoms impact on everything you do. A faulty colon cannot absorb all the nutrients we need to be our best, nor can it eliminate toxins effectively. As a result, we can feel tired, uncomfortable and lacklustre.

How do we get our balance and energy back? For a start:

- Learn to eat right and make better choices
- Drink more water and reduce alcohol and other toxins
- Clean out the liver so that the digestive system works at its peak

In turn you will have more energy, be more productive and shed that spring weight.

Make an appointment with Fay, Elixir nutritionist, to get your system working efficiently for you...ph: 0418 648 028

SPECIAL OFFER:

3 Day Detox Program + Detox Tonic
 Normally \$ 130.00 now \$95.00

Offer exclusive to Elixir members until 30/9/07.

Your feedback is important to us.

We are always interested in hearing how we can improve on what we do. Contact us on info@elixr.com.au



CHEW ON IT

Richard Chew (Elixir FOUNDER) brings his view on life each month.....

Get "Real": You will notice a name change

for our Group X classes at Bondi Junction. Let's get "Real" and call a spade, a spade hence the name changes but the fabulous programming continues to be the same.

Real Fitness Kickboxing - RFK

No doubt you have seen the promotion of our newest program - RFK. It kicks off this month in all 3 clubs with very talented Martial Arts based instructors teaching the classes including MJ and Marian. They have been involved in Martial Arts

Our Elixir philosophy is to inspire members to achieve a balance in all areas of life and strive for a spiritual outlook.

Food: Being a self-proclaimed food expert and the body to prove it, I can highly recommend the following restaurants:

Centennial Hotel - 88 Oxford St, Woollahra. Great Pizza as a starter!

Buzo - 3 Jersey Rd, Paddington. A must -Porcini Lasagna, roast potatoes....simple but special, the chef has created a taste sensation out of a simple dish.

Billy Kwong - 355 Crown St, Surry Hills. If you don't know it, then you obviously do not eat out.

Szechwan Food Chinese - 22 Pacific Hwy, St Leonards. My new find for amazing spicy Chinese food.

Instructor Trainer Courses:

Pilates: Elixir is the licensed facility in Australia for the world's most recognised Pilates certification course. Since we began in 2003, we have certified over 100 instructors. One of the greatest benefits of being the training and education centre is that we have been able to pick the cream of the crop to join our team of Pilates instructors. If you would like to become a Pilates instructor, call Peter Lamb at Elixir, 8113 8800 for further information.

Yoga: We are very fortunate to have many highly regarded Yoga Gurus, or Master Posers as I called them, imparting their knowledge at Elixir.

Our esteemed Master Poser, Trevor Tangye has recognised that some of our members have reached a stage of their Yoga practise, where they are now ready to train to become instructors themselves.

Hence next year we will be commencing an Elixir Yoga Instructor Training School. If you are interested in becoming a Yoga instructor, please contact me or speak with Trevor.

Inspiration: My admiration and courage award to our members Cindy Paiseo and Nicky Haining.

Speak Your Heart: It has taken me many years to learn to speak my mind. I now find it much easier to do just that. Speaking your mind does not necessarily mean it can be hurtful as I have also learnt to speak without offending, although I do have the tendency to be provocative at times. Not a fan of "PC."

Far more importantly, I am now working on speaking my heart, as we do not express our emotions sufficiently. In fact, too easily on the anger part but far too little on love.

This life of ours is relatively short and at times precarious, would you not want to take the opportunity now to let someone know how much you love and appreciate them?



A BIG WELCOME

Welcome to Adam, Korina and Patricia, our new Elixr personal trainers!



Elixr Physio-Pilates Rehabilitation Centre

Elixr Health Clubs will introduce a new service with the opening of a professional Physio-Pilates & Rehabilitation practice in November 2007. The centre aims to supplement Elixr's existing exercise and wellbeing programs.

Our team of qualified Physiotherapists and Exercise Physiologist; Katharine Millard will look after the specific needs of clients to ensure the process of injury rehabilitation and recovery is effective, personalised and non intrusive.

The centre will provide individualised programs incorporating Pilates and manual therapies to manage the process of rehabilitation from sports, lifestyle and/or workplace injuries.

Special needs programs are offered such as the Group Reformer Classes for Back Problems, to address common conditions, which inhibit the ability to live an active lifestyle and often the capacity to work.

An added benefit is that sessions can be claimed from health care funds if you have selected the appropriate cover.

for a long time, Marian was also in the NSW Karate Team back in the eighties when I was still a young coach.

The class is great fun, fantastic for releasing stress and guaranteed to burn some serious calories!

To really release built up stress, bring along a photograph of the cause of your stress to stick on the punching bag and start pounding. This way, you won't actually be causing any bodily harm. Therapy at no extra cost!
Strengthen your Body. Free your Mind.

Essential Elements: Since I am a Chink, well sort of, in terms of looks and food anyway, I believe it appropriate to associate all our activities at Elixr to the Chinese 5 Elements which promote the virtues of Compassion, Propriety, Justice, Wisdom, and Faith, which represent our Elixr philosophies.

The 5 Elements are:



FIRE: The element that emits energy and passion, represented by Group Exercise, Real Fitness Kickboxing and Real Spin.



EARTH: Symbolises patient and knowledge, which Yoga represents.



METAL: A yang element represents harvest, business and success, reap as you shall sow, hence weight training.



WATER: Nourishes all living things and a sign of communication and learning.



WOOD: The most balanced of the Ying & Yang, represents creativity, innovation and sociability where it can be as flexible as a willow tree and strong as an oak, naturally represented by Pilates.

I recently thanked my older brother for looking after me and for his guidance when I came to Australia under his guardianship at the age of 11. Something I would not have done a year ago. There are many people who missed the opportunity to tell their loved one how much they are loved. Take that opportunity while you have it.

Everybody's life destination is the same; the difference is what we do with the journey.

Richard



Enjoy 15% discount on Bloch and Blockout exercise wear.
Present your valid Elixr membership card at these Bloch stores to receive your discount.
Sydney City, Skygarden
Bondi Junction: 25-33 Bronte Road
Terms and Conditions:
1. Offer only valid on gym wear and exercise wear. Fashion items and dance footwear not included.
2. Cannot be used on sale or discounted stock or in conjunction with any other offer.
3. Secondary identification may be requested at time of purchase.
4. Valid until 31 December 2007

