

ELIXR NEWSLETTER

June 2010 | Issue 10

elixr
HEALTH CLUBS

Energise the Body. Calm the Mind.



SPECIAL GUEST

Australian Idol winner

WES CARR performing LIVE

CELEBRATE OUR **8**TH BIRTHDAY WITH US!
IT'S TIME TO PARTY!

It's **80's** style, so come dressed
as *cool* as Michael Jackson or as *chic* as Madonna.

Guests **WELCOME** to party with us...

Prizes for **Best Dressed**

DATE: Saturday 26th June

WHERE: The Eastern (Bar Pacifica) 500 Oxford St Bondi Junction

TIME: 9.00pm – 3.00am

RSVP: email your full name and number of
guests attending by June 18th to party@elixr.com.au

THE EASTERN
500 OXFORD ST BOND JUNCTION



Chew on it

With Richard Chew
Founder of Elixir Health Clubs

AMORAL

Raquel Welch, a 70's sex symbol, blames the pill for the breakdown in sexual morality. I don't think we needed the pill for that. We've been breaking morality long before man made the rules.

Anyway, they were rules devised by men to control women; since the early days it was accepted for men to have mistresses but not the other way around.

The divorce rate is up not because of morality issues but education and women's rights. A few decades ago women were uneducated and had far less opportunities to work for a decent income, and were trapped in marriages.

Fortunately, education for women has lifted women's rights out of the dark ages.

While we are on the subject of matrimony, there are 3 rings of matrimony according to Buddhism. First there is the engagement ring, which leads to the wedding ring, and finally there is suffering!

PILLS

Have a headache, take a pill. Feeling down, take a pill. Can't sleep, take a pill. Need to lose weight, take a pill...

Our society is hooked on pills. Too many people take the easy route of swallowing tablets in an attempt to fix their problems, while the drug companies gleam.

Our society is always looking for the quick fix, and the quick fixes usually treat the symptoms but not the cause.

There is a place for oral medication, but it is not the answer in most cases and far more dangerously, it is addictive and the side effects can be deadly. I know!
I had bouts of bad depression many years

ago and when I was given "happy" pills, I threw them away after a few days as I knew that the pseudo happy effect was not the answer.

After searching numerous therapists for a cure I fortunately found a treatment called 'Journey Therapy' that lifted my depression in a single 3hr session. For more details, Google 'Journey Therapy' and my recommended Journey therapist is Sharon Turton.

With the recent death of my beautiful daughter Talena, I am in a very painful place but I am not in that "ugly" place of depression.

Since I have openly shared my tragic experience, many members have spoken with me about their own personal tragedies. Sadly, many of us share great personal tragedies, but we are not alone.

Losing my daughter has shaken the very foundation of my family and my life, and it has made me assess what life is about. I continue to see the many joys in life and I am learning to live with this deep pain that a parent should never have to experience.

I feel sincere gratitude toward my friends at Elixir for their care and support.

HAPPY BIRTHDAY

June is a very special month as it is the birthday month of Talena's and I, my music idol Michael Jackson passed away in June, and it is also when Elixir opened 8 years ago in 2002.

Hence our Elixir Party this year will have an 80's theme to celebrate life with lots of wonderful music from the 80s, in particular Michael Jackson's music.

I would love to have you join us on Saturday evening June 26th at The Eastern Hotel – 500 Oxford St Bondi Junction. It is guaranteed to be a fun night with our member, Australian Idol Wes Carr, providing entertainment at the party.

RELIGION AND POLITICS

It was suggested that I ease off my comments on religion and politics, two of the most influential forces in our lives. Let me see how I can sum up my concerns in two words; Tony Abbott!

PAULINE

Back in the news with her decision to refuse sale of her house to overseas Chinese or Muslims. Someone should explain to her that she prays to the same God as Muslims and that a few fanatical Muslims don't make them all bad. I am greatly disturbed by three Christians: Bush, Blair and Howard, who directly caused the deaths of thousands of innocent people, but I do not group them with all Christians.

I heard Pauline went skiing and had a big fall. She looked up the mountain and said, "I told you those slopes were dangerous!" Yes, I am a "slope."

SPECIAL MASSEUR

I would like to give a special recommendation to my son, Dane, who has officially qualified as a massage therapist. However, he was forced into child labour by Dennon as a masseur when he was 12, so he has extensive experience. He is recommended not because he is my son but because he is a naturally gifted masseur, and I've been massaged countless times over the years.

If you would like an exceptional massage at Elixir Bondi Junction, please call Dane on 0404 557 448

NEWS

THANK YOU FOR YOUR PATIENCE PARK STREET MEMBERS

I would like to take this opportunity to thank all of our valued Park Street members for their continued patience during the makeover process. Upgrades have taken a little longer than expected, however it will be well worth the wait as there are many new classes being added to the schedule. Park Street and GOLD members will now have more Yoga, Real Fitness Kickboxing (RFK) and Pilates classes to choose from. Check out all our new classes at <http://elixr.com.au/timetable> or grab a timetable from reception.

We understand that many Park Street and GOLD members may need to become familiar with their new environment and all the new class choices. With this in mind we encourage you to book yourself in for a complimentary personalised fitness programme this month. Our Fitness Programmers will explain and demonstrate how to use all the new weights equipment around the club. See reception for bookings.

If on the other hand you would like to introduce either Yoga, Pilates or Fitness Kickboxing classes into your weekly routine then book yourself into a Beginners Introductory course.

For bookings see Reception or book Online at <http://www.elixr.com.au/courses-seminars>

BEGINNERS COURSE TIMETABLE	
BONDI JUNCTION	PARK STREET
PILATES	
JUNE 5th & 26th: 1–4pm	JUNE 19th: 11.30am–2.30pm
YOGA	
JUNE 19th: 1–4pm	-----
RFK	
JUNE 19th: 2.30–4pm	-----

Throughout June all Park Street and GOLD members can attend a Beginners Introductory course for FREE. These courses are valued at up to \$80.00...

NEW STRETCH AREA AT PARK ST...

We all know that STRETCHING before, during and after a workout is paramount. Park Street members can now stretch in our new dedicated Stretch/Pilates PT room which is located along the passage way as you walk towards our studios.

We envisage all renovations to be fully completed by mid June.

Train SMARTER, RUN faster

SEMINAR

FREE for Members and their Guests

Elixir is hosting a seminar to help you get the most out of your running. James Masters, our Resident Personal Trainer, will teach all levels of runners how to avoid common running injuries and improve running technique.



James represented New Zealand at the Triathlon World Championships in 2008 and 2009 and has run impressive times over distances from 10km to marathons. He has coached many athletes to successfully compete across longer distances and is also Head Coach for Run Coach.

James believes that everyone is capable of running well if they learn how to train well. During the seminar you'll be shown training plans that are varied, well-balanced and effective which you can put into practice to help you run further and faster.

So if you've always wanted to enter a running event, like the City to Surf, or if you're looking to improve your time, this is a great chance to learn and be inspired.

BOOKINGS: See Reception or book online under the 'courses & seminars' page.

WHEN: Thursday 17th June

WHERE: Elixir Bondi Junction – Mind/Body Studio

TIME: 7.45pm

Have you become an Elixir fan & follower yet?

Join us on Facebook and follow our whereabouts on Twitter.

[facebook.com/ElixirHealthClubs](https://www.facebook.com/ElixirHealthClubs)
twitter.com/ElixirHealthClub



MEMBER BENEFITS

BENEFIT 1

Introducing Halo Headphones – headphones in a headband

Featuring specially designed high fidelity speakers that fit into its paired headband, the Halo Headphones put an end to ear bud headphones falling out or awkward cables getting in the way while working out.

SPECIAL MEMBER OFFER

Buy 1 Halo Headphone for \$49.95 & receive a **FREE Sport Headband*** (valued at \$15.00)

*While stocks last – promotion ends 30/06/10



BENEFIT 2

Win a cashmere wrap scarf from **THE LITTLE SCARF SHOP**



Throughout June, Elixr members have the chance to **WIN** a beautiful cashmere wrap scarf from The Little Scarf Shop.

Just visit www.thelittlescarfshop.com, sign-up for the newsletter and enter **ELIXR** in the "How did you hear about us?" section.

The lucky winner will be announced in Elixr's August newsletter.

BENEFIT 3

Who is Karisma?

Style, precision and fun - these are the hallmarks of the Karisma experience. Choosing and buying spectacles need not be a daunting task. Our friends at Karisma will ensure that each member leaves smiling, feeling special and looking good!

ELIXR MEMBERS WHO SHOP AT KARISMA THIS MONTH RECEIVE;

- \$100 off all Optical Frames
- All designer Sunglasses – 20% off
- 10% off all Contact Lenses

karismaeyeworks.com.au
Shop B2, 2a Bligh St Sydney
T: 02 9221 7711

Offer ends 30/06/10 – Elixr members must present their membership tag to receive savings.



WHAT IS elixr Pilates?

Elixr Pilates offers Pilates teacher training courses and education programs to Pilates enthusiasts.

Who can study Elixr Pilates?

Elixr Pilates Training Courses are suitable for individuals who are seeking a career change or those who simply want to gain further insight and deepen their knowledge of Pilates.

What courses are on offer?

If you are looking to enhance your current skills and learn more about Pilates and your body, Fundamentals or Anatomy for Human Movement is the course for you.

If you wish to become a fully Certified Pilates instructor then our intensive Matwork and Reformer courses are just for you.

Are Elixr Pilates courses recognised and certified?

Elixr Pilates courses are recognised by Fitness Australia and participants who successfully complete the courses will receive CEC points (Continuing Education Credits).

How can I find out more information about Elixr Pilates Courses and Workshops?

Contact Breony at Elixr Education

T: (02) 8113 8808

E: pilates@elixr.com.au



elixr
EDUCATION



Pilates • Yoga • Fitness • Aqua

Sydney Town Hall
27 Park St

T: 02 8113 1100

Chifley Square
2A Bligh St

T: 02 8113 3300

Bondi Junction
L2, 9 Bronte Rd

T: 02 8113 8800

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