



SPY Inspiring News April 2011

**"A ship in a harbor is safe,
but that's not what a ship is built for."
~Unknown~**

Dear Nicholas,

Hello and welcome to April's edition of Inspiring News. Personally, my inspiration this month has largely been drawn from seeing the '40 dayers' complete the challenge. I admire you all enormously for working so hard to improve yourselves - very well done indeed and keep those new positive habits going strong!

It was great to read through the feedback comments from the group and find out how much of a positive impact the course has had on their lives. Thanks for sharing your experiences and I can't wait to organise the next one, so, if you missed out last time don't worry, the next **40 Days to a Personal Revolution course** will be announced soon!

In the same vein, I have been digging out some of my own old, useless habits and having a bit of an internal spring clean this month. It's been a great reminder of my need to keep focused and I've been rewarded with loads of extra energy. Now I'm full of drive for improving the studio and our range of classes in the coming months.

In other news we bring you the latest from Bernard and the Africa Yoga Project, the launch of our new partnership with the fantastic lululemon athletica, an opportunity to learn how to meditate and our Easter opening hours.

Lastly, I'd like to thank those of you who came to our one year anniversary celebrations - we had a fantastic night! And extend a big congratulations to SPY student Katheryn Post who got married at the studio earlier this month.

See you soon!

Nicholas Turner
Soul Power Yoga

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Soul Power Yoga Happy to help!



SPY Smiler...

Question: How many
lyengar yogis does it take to
replace a light bulb?

SPY Sponsors & Mentors African Yoga Teacher

SPY's very own Nicholas Turner helps create a Global Yoga Community by sponsoring and mentoring a teacher as part of the Africa Yoga Project (AYP)

Each month I receive a newsletter from the coordinator of AYP which gives me guidelines and a few questions to help guide my discussion with Bernard. This month the focus of our conversation was about stepping out of the 'comfort zone' in the process of transformation.



It was, as always, great to see Bernard and he was very chipper despite the Skype connection being as dodgy as always! We talked about his regular classes and he explained how he had really started to get to grips with teaching and was really enjoying himself.

The next stage of his training is being able to...[Read more](#)

SPY Meditation

Get in the zone

Meditation is intrinsically valuable as an experience in its own right. It also naturally and effortlessly cultivates more skilful living. That is why it has been around for thousands of years. So, one of the main reasons why we should spend time learning and practicing meditation - is because we all lead full and busy lives.



When we have the idea to learn meditation there are often many questions: What is meditation? How do I meditate? What are the benefits? What can I expect? What technique should I use? How can meditation help me in my daily life?

At Soul Power Yoga we aim to help answer these questions and provide opportunities to meditate. Each week you will be guided through a meditation from Yoga into your Daily Life, and will explore related concepts; with the aim of being able to provide simple techniques that you will be able to use on your own.

Meditation Class times will be Sundays 7.30-8.30 from 1st May.

Answer: Only one - but he will need a sticky mat, a backless chair, five blankets, a bolster, six ropes, two belts, six assorted benches, three weights, and a certificate.

NEW CLASSES!

Soul Teens

Teens' Power yoga is now available:

Thursdays 4.30pm-5.15pm

Classes cost just \$5!

SPY Community Power Class

From 1st May there will be regular Community Power Classes run by SPY's new up and coming yoga teachers.

Sundays 10.00am-11.00am

Sessions will be run at half normal price

Meditation

From 1st May there will be regular Meditation Classes at the studio:

Sundays 7.30pm-8.30pm

Watch this space for more details.

SPY Community Power Yoga Class

SPY Karma Yoga



These classes are taught by our up and coming Rockstar Teachers who are being mentored through the SPY mentoring programme.

Each class will have a qualified SPY teacher in the room assisting and creating an amazing Soul community.

This SPY Community Power Yoga class is offered to our community for half the price of a casual pass.

SPY will donate half of the proceeds towards our linked foundations on a monthly basis.

SPY Community Power Yoga Class times will be Sundays 10.00am-11.00am from 1st May.

Easter Opening Hours

Chocoholics' favourite time of year!

Opening hours for Easter will be slightly reduced due to some upgrading of the studio. For Easter class times please [Click Here](#)

Whatever you do for Easter have a fabulous holiday!



CLASS CHANGES:

Tuesdays 7.30pm-8.30pm

From 26th April:
Power all Levels will change to
Restore your Power

Wednesdays 7.45pm-9.00pm

From 27th April:
Restore your Power will change to
Power Foundation



And last but by no means least...

SPY is happy to welcome to the studio:

lululemon  athletica

Womenswear, menswear and accessories

Perfect Easter gift!

\$20 for 20 days*

Take advantage of our amazing Introductory Offer. Click [here](#) to book now!

*Offer must be used in 20 consecutive days

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