



living energy  
australia



## Healthy Body Healthy Home Healthy Products

### Inside this issue:

- ~ Queens Birthday Weekend Opening Hours
- ~ Find us Facebook
- ~ **SPECIAL: Miessence 40% off sale - ends soon**
- ~ Pilates Reformer group class vacancy

### Winter 2009 Newsletter

We've had a very busy start to the year, hence the big gap in newsletter issues.... we hope you find this issue of interest.

#### What's New?

Since our last newsletter (at Xmas) we have had several new staff members join our team: we would like to welcome Shonadh, Val & Nicole to our team of instructors and Nicola & Tayla to reception. We're very proud to have such a lovely team of staff on board to help us deliver you great service.

*Wishing you great health, happiness and prosperity... Nadia & Rafael*



### Queens Birthday Opening Hours

We would like to advise that we will be open as usual on Saturday 12<sup>th</sup> June.

Monday 14<sup>th</sup> June we will be open 8am to midday and closed in the evening.

For class times, please visit our website.

[Click here](#) for more details.



### SPECIAL: Miessence 40% off sale

Enjoy the benefits of using certified organic products on your skin and in your home at a fraction of the normal cost.

A first ever super special on Miessence, MiVitality and MiEnviron products:

**40% discount on the entire range!**

Ends 08/06/10. Applies to online orders only.

Free postage for orders over \$110

Enter promotional code: **GHM** on checkout.

[Click here](#) to order online

facebook



living energy  
pilates

### Find us on Facebook

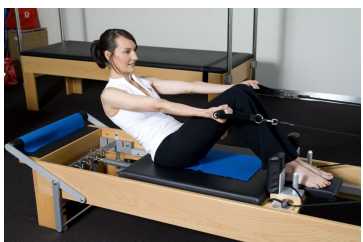
Finally we've set up a Facebook page so that we can keep you up to date with any changes or special offers that come up from time to time.

Become a fan of Living Energy Pilates, [Click here](#) to join us on Facebook.

### Pilates Reformer Class Vacancy

Since February, we have been running Reformer group classes suitable for late beginners/intermediate level participants. We have just had one permanent spot become available on Saturday mornings at 8am.

[Click here](#) for more info on this class.



### Quote of the Month

*Girls are like phones. We love to be held and talked to ... but if you press the wrong button, you'll be disconnected!*

### For a Healthy Body we offer:

- ~ Studio Pilates
- ~ Pilates Mat Classes
- ~ Pre & Post Natal Pilates
- ~ Circuit Classes

### For a Healthy Home we offer:

- ~ Feng Shui [eConsultations](#)
- ~ Feng Shui [symbols & remedies](#)
- ~ Organic cleaning [products](#)

### Favourite website of the month:

Non slip grip socks for Pilates:

[Gripperz Non Slip Socks](#)

### OUR VISION

at Living Energy is to help you bring harmony and balance to your body and environment as you enjoy the journey of life.

[www.living-energy.com.au](http://www.living-energy.com.au)  
tel: 03 9432 1871