



LIGHTROOM NEWS

SAT NAM. Welcome to **The LightRoom Winter Newsletter**. We would like to share some of our love with you and help you get to know us better. This is a jam packed newsletter as there's been a wealth of thought and preparation at your LightRoom HQ over these last 6 weeks. It is definitely time to share these offerings with you, so sit back with a hot chai, get comfortable and take a look within.

The LightRoom is much more than a yoga studio, we are here to offer the experience of transformation of mind, body, and spirit through the teachings of Kundalini Yoga and soulful events. We welcome your feedback and ideas and we are always here to support you in your journey.

Our new Winter Timetable is designed with you in mind, including classes and monthly events that are uplifting and life-changing.

Please feel free to join (like) our LightRoom Facebook Page where you can enter into discussions and ask questions directly with our teachers and facilitators, receive the latest news, events notifications, VIP invites and Early-Bird tickets and specials to our latest workshops and events.

GIVEAWAY 1

If you have an experience at a yoga class or workshop or event or healing session and you feel to share this then please post a comment about your experience on our LightRoom Facebook Page or on the workshop or event Facebook page, or post anywhere on Facebook and tag The Light Room in your comment. Every month we will read these and offer a 5 Class Pass (worth \$90) to a lucky poster.

GIVEAWAY 2

The first five people to email us at hello@thelightroom.studio stating which new yoga class, workshop, event, or healing session they would like to attend, will be offered to do so FOR FREE. Click above and enter immediately!

MEMBERSHIP SPECIAL AND GIFT VOUCHERS

We offer membership options and class passes to suit everyone's time and financial circumstances.

Our popular **INTRODUCTORY OFFER OF \$49 FOR 21 DAYS** for new students can be purchased directly on the MINDBODY app or by simply arriving at a class where a teacher will happily register you. Invite a friend to the LightRoom experience :)

Celebrating our **LightRoom 1 Year Anniversary**: You can purchase an **ANNUAL UNLIMITED FREEDOM MEMBERSHIP** for just **\$799** [usually \$999]. There are 10 Memberships available at this special price - only until 31 August 2019 or until sold out. Enjoy all the extra benefits of a LightRoom Membership at a fantastic price. Our way of saying thank you! 😊

GIFT VOUCHERS are now available, see us in the studio to purchase the gift of yoga and wellness therapies for someone extra special in your life.

PRIVATE HEALING ROOM

Completing the vision of The LightRoom becoming a community hub of healing and wellness, several new practitioners and healing modalities are now operating from our Healing Room within the Studio. All sessions can be booked with a teacher or online directly through the MindBody App, for massage, reiki, one to one healing, transformational coaching, personal and interpersonal and relationship coaching and several other health and well being modalities. View these in more detail on our website and on the MindBody App or discuss options with any of our teachers who will be happy to assist you.

Just three examples of what's on offer:

Reiki Energy Healing with Sarah Menlove: Sarah is a qualified reiki practitioner and transformational health coach. In this session (45 min) Sarah will gently support you to uncover the energetic blocks that are holding you back and remove stuck energy to allow you to create more of what you want in your life. Fridays (and other days by arrangement).

Coaching, Massage and Intuitive Healing with Rayna Love: Rayna offers personal and relationship transformational life coaching and intuitive healing modalities that include massage, guided meditation, toning and sound bathing. Tuesdays and Thursdays (and other days by arrangement).

Yoga Healing Therapy with Maria Cliff: If you're in need of a deeper healing to help with overwhelm, trauma or anxiety - look no further!. Maria is a 'medicine woman' who has worked with many people suffering from ptsd,



anxiety, stress disorders, MS patients, scoliosis, arthritis, acute injuries and emotional trauma. "Her intuitive healing has helped me tremendously. I am now able to move more freely with a body that has been riddled with arthritis for years." Client- Leonard Bloksberg. I become attuned with what you need on the day and my light-work energy healing transmutes the emotional distress linked with the physical body. Mondays and Wednesdays (and other days by arrangement).

SOREYA JAMES

We are wishing Soreya James, our beloved lead teacher at The LightRoom, all our gratitude, warmth and healing prayers as she takes leave through August to nourish and replenish within and we look forward to her return at the end on the month.

NEW TEACHERS:

We are delighted to introduce the following new regular teachers that have joined The LightRoom Family:

Maria Clift: Maria literally danced in to yoga! She first discovered yoga 15 years ago as a great way to calm her pre-stage dance nerves, and maintain strength and flexibility. In 2013, Maria became certified in Ashtanga yoga and over the years her styles of Vinyasa and Yin developed. Maria has taught yoga around the globe for the past five years, including retreats in Bali and Cambodia. Her love of yoga philosophy is a key theme in her teaching, including work of Sadhguru, Patabi Jois and Ramana Maharshi.

Kirsten Jones: Kirsten is passionate about natural healing and health for the entire mind and body inside and out. "Yoga and Oils have completely changed and turned my life around! Not only have they helped me to feel more confident, connected, calm, balanced and given me courage to be ME, They allow me to continue to grow and rise up and to help others that need this too, to step into their true light and believe in themselves. My Yoga Classes are all infused with Essential Oils to enhance all of the amazing benefits you get from practicing yoga".

Angelica Machado: Angelica is originally from Brazil and came to New Zealand in 2005 to learn English and travel to get to know a different culture. Her love and connection to this country was instant and her dreams of living by the beach were fulfilled along with meeting her partner for life. She is deeply passionate about people, arts & crafts, caring, travel and teaching. Having worked in the hospitality industry for the last 13 years she was searching for a positive change that was more fulfilling and that's when she found Kundalini Yoga during a trip to Sydney in 2017. "During my first class I thought to myself what is this? Everybody needs to experience this. I felt so good about myself in that class and I couldn't stop thinking about it. Kundalini has changed my life and now I am pursuing my dreams and living a life I love. Satnam." Angelica returned to Australia in 2018 to complete her teacher training with the Ramadasa team.

UPCOMING EVENTS – AUGUST / SEPTEMBER

MOONBATHING with Priya Leever - Women's Naked Yoga for the Full Moon in Pisces, Friday 16 August, 7:00pm - 8:30pm: The Yoga circle will be very gentle with the intention to become more embodied and connected with our innocent true selves.

CACAO CEREMONY & ECSTATIC KUNDALINI DANCE with Trish Bebrouth and Natalie Z, Saturday 17 August and Sunday 18 August, 7:00pm - 9:00pm: A powerful, transformational healing experience that takes you on a journey from the earth up through the chakras.

LETS TALK ABOUT OUR BODIES with Sarah Menlove, Sunday 25 August, 3:00pm - 4:30pm: An introductory workshop on how to ditch dieting and release the body shame and guilt to fully empower yourself.

YOGA, CHAI AND GODDESSING with Maria and Sophie, Saturday, August 31, 10:30pm – 12:00pm: A morning of yoga bliss followed by chai-tea and a special make-up tutorial.

A NIGHT OF LIFE DRAWING, Tuesday, August 12, 7:00pm - 8:30pm: An evening of life-drawing, wine and creativity amongst fellow art lovers, drawing directly from a nude model.

RAGA MUSIC & CHANTS of INDIA (2) with the Madhur family and special guest, Saturday 14 September, 6:00pm – 8:00pm: A unique, intimate and powerful experience of live music, meditation, mantra and chanting with world class musicians, playing ageless classic Indian instruments and chants.

LEMURIA RISING - Chakra Balancing, with Nicola Gibbons, Sunday 22 September, 2:00pm to 4:30pm. A relaxing and rejuvenating afternoon of Sound Healing, Chakra Balancing, Light Language and Song.

FOR FURTHER INFORMATION AND BOOKINGS SEE MINDBODY OR OUR WEBSITE.

QUOTE FOR THE MONTH:

"An attitude of gratitude brings great things." - Yogi Bhajan.

May the long time sun shine upon you, All love surround you, And the pure light within you guide your way on.

Website: www.thelightroom.studio, **Email:** hello@thelightroom.studio, **Phone:** 0274640691.



The LightRoom Guidelines and Timetable

Welcome to The LightRoom

If it is your first time practicing Kundalini yoga, please do let us know.
Arrive 10 minutes early for class so as not to disturb the class once started.

Wear comfortable, modest clothing preferably white.

Bring your own yoga mat or rent one of our beautiful LovEarth mats for \$1.00.

Ensure your phone is switched off or on silent mode.

Share with your teacher any physical limitations or restrictions you feel we should know about.

CHANGE OF TIMETABLE - DEEPENING WITH WINTER

As we listen to our need for depth this time of year, we nourish the body with rest and rejuvenation. We are offering several new classes to support you through this. Come along and try our new Wake Up Series, Midday Meditation, Intuitive Yoga and Essential Oils, Breathe and Meditate, as well as Good Flow Yoga and Pilates classes. We are excited to be offering semi-regular Dance events on Fridays and Sundays. Lets stay warm, happy, healthy and holy this winter with yoga, meditation, music, movement, connection and great times together.

NEW WINTER TIMETABLE

New classes highlighted in red

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30am - 7:15am			Morning Wake Up with Rayna	Morning Wake Up with Rayna	Morning Wake Up with Rayna		
7:00am - 8:15am						KY&M with Rayna	
9:00am - 10:15am						Community Yoga Class with Guest Teacher	
9:30am - 10:45am	Anahata Yoga with Maria	KY&M with Rayna	Anahata Yoga with Maria	KY&M with Rayna	KY&M with Sarah		
12:30pm - 1:30pm	Midday Meditation with Rayna	Midday Meditation with Maria	Midday Meditation with Rayna				
5:30pm - 6:45pm	KY&M with Stephanie	KY&M with Angelica or Rayna	KY&M with Rayna	KY&M with Rayna			Intuitive Yoga & Essential Oils with Kirsten
7:00pm - 8:15pm	(6:45pm) Good Form Yoga Flow with Kate (Beginning 19Aug)	(6:45pm) Good Form Pilates Flow with Lucy (Beginning 20Aug)	Breathe and Meditate with Rachel (Beginning Aug 14)	Kundalini Yoga for Men with Rayna	Regular Events and Workshops: See TLR website for info		ChakraDance with Phillippa (every 2nd Sunday)
8:30 - 9:30pm	Hand Drumming Class with Rayna						

Note - Students on Freedom Unlimited Membership (weekly, monthly, or yearly Unlimited Classes) entry to all timetable classes is included in your membership. Workshops and events offer a discount entry to LightRoom Members also.

NEW CLASSES:

MORNING WAKE UP SERIES (45 mins) with Rayna, every Wednesday, Thursday and Friday 6:30am - 7:15am: Enter a beautiful candlelit sacred space to be guided through a morning practice that wakes up your cells, clears your energy body and purifies your mind for the day. You will be guided through a short dynamic energy series, chant the morning wake up call (long Ek Ong Kars) and a meditation to set you up for the day.

MIDDAY MEDITATION with Rayna or Maria, every Monday, Tuesday and Wednesday 12:30pm - 1:15pm: Connect with your breath, purify your mind, rejuvenate your body and rest your soul with this 45 min restorative practise of healing meditation for deep rest and relaxation.

KUNDALINI YOGA FOR MEN with Rayna, every Thursday 7.00pm - 8:15pm: Held specifically for men, this class dives into the essence of man through the teachings of Kundalini Yoga to supports your vitality, health & well being.

ANAHATA YOGA with Maria, every Monday and Wednesday 9:30am - 10:45am: Anahata Yoga is a journey of leaving the mind and returning to the heart. Delve into this practice of pranic (breath) energy as we move and flow, and land in simple yoga postures. Replenish, nourish and ground yourself for the week ahead.

GOOD FORM YOGA FLOW with Kate, every Monday 6:45pm - 8:00pm (beginning 19 August): A Vinyasa class where you will move in a flowing sequence from one pose to another with your breath. There will be music played in the background helping you find your natural rhythm. This will include building heat, strength, balance and flexibility to ensure you walk away feeling present and refreshed. This is for all levels as a range of options will be given.

GOOD FORM PILATES FLOW with Lucy, every Tuesday 6:45pm - 8:00pm (beginning 20 August): This class is built around the foundations of Pilates and incorporates flow throughout the sequence. Develop a strong core, improve your body awareness, and build strength. This class incorporates articulation, dynamic toning and isometric holds with peaks throughout that will keep you coming back for more.

BREATHE AND MEDITATE with Rachel, every Wednesday 7:00pm - 8:15pm (A 4 week course beginning 14 August): Learn the fundamentals of Pranayama and Yogic Meditation. Learn how to work with your breath to build your life force energy, balance emotional fluctuations, and quieten the chatter of the mind. This course includes group discussion, instruction, as well as embodied experience of fundamental pranayama techniques and yogic meditation. Suitable for beginners to yoga, as well as seasoned yogis.

COMMUNITY YOGA CLASS with a guest teacher, every Saturday 9:00am - 10:15am: Entry by Koha - pay what you can afford to give. An offering to our local community to experience the power and transformation of Yoga & Meditation. Bring your friends, enjoy a cup of chai after class and meet your local community of like minded individuals. Each month proceeds from these classes are gifted to a community organisation to support their work. If you are interested in teaching a Community Yoga Class please call or txt Rayna 0274640691.

INTUITIVE YOGA AND ESSENTIAL OILS with Kirsten, every Sunday 5:30pm - 6:30pm: Kirsten brings the beautiful DoTerra Oils and Slow Flow Yoga together for you to enjoy a Divine infusion. Be guided through a gentle flow whilst being supported with oils to ground, align, awaken and restore.

CHAKRA DANCE with Phillippa, every 2nd Sunday 7:00pm - 8:30pm (beginning 28 July): Blending free-flowing movements with particular frequencies of sound, Chakradance™ will free the energy in your body and open you to a deeper experience of life. A healing dance/movement practice that draws on a fusion of philosophies and musical styles, Chakradance™ aims to restore health to our chakras.

CONTEMPORARY HAND DRUMMING with Rayna, every Monday 8:30pm to 9:30pm: Explore rhythm, breath and meditative aspects of hand drumming. Connect more intimately with your own natural born sense of rhythm. We slow down and draw our focus more inward, assisted with kundalini yoga and meditation to tune us deeply into our heart space. Suitable for beginners to intermediate drum players. Please bring your own drum(s) though some drums can be provided with prior arrangement.

FREESTYLE DRUMMING AND DANCING - Occasional Fridays - drop in or out anytime between 5.30pm - 8:00pm: Exploring rhythm, breath and meditative aspects of hand drumming and freestyle dancing. Participants can join in or leave the Drum Dance Circle at any time. Participants flow between playing drums and instruments and expressing themselves with dance and movement in a very free flow, creative and encouraging space. With guest DJs and live performers each week.