



One Body One Life

June 2007

## Escape to create at V

Yoga is the harmonious union of mind and body. Using movements, postures, breath, meditations and relaxation, yoga practice calms an overactive body and stills a distracted mind.

Michelle Dean, Chief of Programming at V Club, says the awareness of yoga as a fitness class is strong but when it comes to variety of classes Australians are unaware as to what yoga can offer.

“Ashtanga and Hatha classes are what people traditionally know yoga to be. At V Club we will offer over 22 different classes under one roof. Men, particularly, love Hot Yoga which we will run in our stylishly designed 37°C room.

“We even run a ‘Morning After’ session for people are recovering from the night before! Yoga is about stilling the mind while the body works to reset its inner core,” she says.

Here are Michelle’s top five reasons why you should include yoga as part of your fitness routine:

- 1. Look and feel younger**  
Yoga creates a toned, flexible and strong body. It improves respiration, energy and vitality while helping to maintain a balanced metabolism. Yoga promotes cardio and circulatory health and relieves pain. And it helps you look and feel younger than your age!
- 2. Touch your toes**  
Yoga improves overall flexibility. Studies show that three classes a week will improve overall flexibility by up to 35%.
- 3. Massage your insides**  
Yoga is the only form of activity that massages the body’s internal glands and organs – parts of the body that are normally unaffected by external stimulation.
- 4. Handle stress**  
Yoga helps you relax and handle stressful situations more easily as it teaches you how to quiet the mind so you can focus your energy where you want it to go.

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## 5. **Complete mind body detox**

By gently stretching muscles and joints as well as massaging the various organs, yoga ensures the optimum blood supply to various parts of the body. This helps in the flushing out of toxins, leading to benefits such as delayed ageing, increased energy and a remarkable zest for life.

Yoga is the perfect class for the member that wants a healthy body and mind. For a full list of classes available at V Club visit [www.vclub.com.au](http://www.vclub.com.au).

### **About V Club**

The V approach to fitness is holistic – considering the body as well as the mind, and incorporates a balance between East and West principals through an extensive selection of 35 different classes. Under the one roof you can complete a combat class or experience the benefits of Hot Yoga in a stylishly designed 37°C Hot Yoga room.

Encompassing four spacious, architecturally designed floors that create unique zones so the 'look and feel' reflects your mood. The zones separate the practices of Yoga, Pilates, Spin, Weights, Cardio and other choreographed classes and are individual in colour, lighting, music and even smell.

Members to V can also enjoy the V lifestyle globally as Reciprocal Rights Benefits are gained through the parent club *California WOW*, who currently operate nine Clubs in Thailand and three in Hong Kong. Also, through their IHRSA membership, members can enjoy guest privileges in over 3,000 clubs in more than 50 countries worldwide, making a V club membership a ticket to global fitness.

Becoming a member of V also offers you a '360 Degree Wellness Solution' where you can benefit from seminar evenings from motivational speakers, sport and business personalities, fashion shows, cooking seminars, investment seminars, hair and makeup sessions, stress management and cardiologist seminars.

V plan to open at least 15 Clubs over the next 8 years: three of which will be located in the Sydney CBD area, one club in the Eastern Suburbs, one club in North Sydney and one club in the Capital of each state. The first flagship V Club opened its doors earlier this month at 48 Drutt St, Sydney.

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