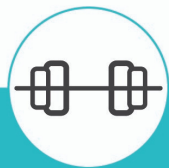


Find Balance

eat healthy • move daily • breathe deeply



REGISTERED
PROFESSIONAL
LEVEL 3



Newsletter
17th January 2023

YOGA'S BACK

YOGA benefits the mind and the body



- Builds core strength
- Lengthens tight muscles
- Improves balance & flexibility
- Promotes calm and reduces stress



- Wed 5.45am
- Wed 4.30pm
- Wed 5.45pm
- Thur 9.00am

2023 TIMETABLE

Bookings via app or www.findbalancestudio.com.au

MON	TUE	WED	THU	FRI
6.00am COMBO XPRESS	6.00am MEN'S CLASS	5.45am YOGA	6.00am BEACH WALK	6.00am COMBO XPRESS
7.00am COMBO XPRESS		7.00-8.00am OPEN GYM		7.00am COMBO XPRESS
	8.00am LOW IMPACT		8.00am GENTLE YOGA	
9.00am GYM MACHINES			9.00am YOGA	9.00am COMBO XPRESS
		4.30pm YOGA		
		5.45pm YOGA		

NEW CLASS PASSES

As already mentioned a rent rise has resulted in a small fee increase. We now have 4 class pass options. Please choose according to the number of sessions you attend per week.

All passes are valid for 8 weeks

Passes may be purchased via our app, website www.findbalancestudio.com.au or studio eftpos

- 15 class pass \$195 (3/week, \$13/class)
- 10 class pass \$140 (2/week, \$14/class)
- 5 class pass \$75 (1/week, \$15/class)
- Casual class \$16

Movement for physical and mental health

NEXT FORTNIGHT'S WORKOUT

COMBO XPRESS THEME:

23rd to 27th Jan - Dumbbells & Kettlebells
Australia Day (Thu 26th Jan)
West Beach Walk will go ahead but no classes

30th Jan to 3rd Feb - Boxing & Bands



HAPPY BIRTHDAY

Happy birthday **Terry & Lee** (Tue 17th), **Rasa & Cheryl M** (Thu 19th), **Martina** (22nd Jan), **Paula & Karen** (26th Jan), **Elpie** (27th Jan), **Chezley** (30th Jan), **Ros** (1st Feb) and **Julie M** (2nd Feb). Have a fabulous day!

QUOTE of the WEEK

YOGA is a practice, not a performance.
It's not about the way it looks,
it's about the way it feels



RECIPE of the WEEK

Roasted Cauliflower Salad

Ingredients

- ☐ 1 medium head cauliflower, cut into florets
- ☐ 3 Tbsp. extra-virgin olive oil
- ☐ 1 tsp. ground coriander
- ☐ 3/4 tsp. ground turmeric
- ☐ 1 tsp. kosher salt, divided
- ☐ 1/2 tsp. black pepper
- ☐ 1 cup uncooked pearl couscous
- ☐ 1 400g can chickpeas, rinsed & drained
- ☐ 1/2 cup sliced almonds
- ☐ 1/2 cup raisins (sub chopped dates or apricots)
- ☐ 1/4 cup roughly chopped mint leaves
- ☐ 1/2 cup roughly chopped parsley leaves
- Lemony Paprika Dressing**
 - ☐ 1/2 cup extra-virgin olive oil
 - ☐ 2 Tbsp. finely chopped fresh parsley
 - ☐ 2 Tbsp. fresh lemon juice
 - ☐ 1 grated (or finely minced) garlic clove
 - ☐ 1/4 tsp. paprika
 - ☐ 1/4 tsp. ground cumin
 - ☐ 1/4 tsp. sea salt

Instructions

- Heat oven to 425°F and line an oven tray with baking paper. In a large bowl, toss cauliflower with 3 Tbsp. olive oil, coriander, turmeric, 1/2 tsp. of the salt, and black pepper. Transfer to the oven tray, spread in an even layer, and roast until crisp-tender and browned in spots, about 25 to 30 minutes, tossing once halfway through.
- Bring 1 1/2 cups water to a boil in a medium saucepan. Add the couscous and remaining 1/2 tsp. salt, return to a boil, then cover and reduce the heat to a simmer. Let cook until the liquid is absorbed, about 15 minutes. Drain & stir in chickpeas.
- Prepare Lemony Paprika Dressing. In a small bowl, combine parsley, lemon juice, garlic, paprika, cumin and salt. Gradually stream in olive oil, whisking constantly until combined. In same bowl you used to season the cauliflower, add couscous and chickpea mixture, along with roasted cauliflower, almonds, raisins, mint and parsley. Add dressing and toss to combine. **Serve hot or cold.**

Lyn Reid
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