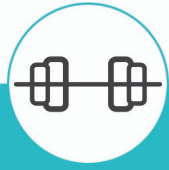


# Find Balance

eat healthy · move daily · breathe deeply



REGISTERED PROFESSIONAL  
LEVEL 3

Newsletter  
25th January 2024

## HOLIDAY TIMETABLE

**Find Balance**  
Health and Wellness Studio

holiday schedule starting 15th Jan 2024

<b>CIRCUIT</b> Alternating weekly between gym machine circuit and combo circuit. 8am session suitable for all levels including Low Impact	<b>MONDAY</b> 6.00am Circuit 8.00am Circuit
<b>COMBO XPRESS</b> Resistance for strengthening muscles and bones plus cardio for heart and lung health. New class theme each week	<b>WEDNESDAY</b> 5.45am Yoga 8.00am Chair Yoga 9.00am Yoga 5.30pm Yoga
	<b>FRIDAY</b> 6.00am Combo Xpress 8.00am Combo Xpress

findbalancestudio.com.au  
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## QUOTE of the WEEK

"I hope there are days when your coffee tastes like magic, your playlist makes you dance, strangers make you smile and the night sky touches your soul"



## AUSTRALIA DAY

**WE ARE OPEN "AUSTRALIA DAY"  
FRIDAY 26th JAN**

ONLY A COUPLE OF SPOTS LEFT

Join us for Fitball/Core Ball @ 6am and 8am. Wear your Aussie colours as we workout to Aussie tunes!

## RECIPE of the WEEK

**Pearl Couscous Salad with Pumpkin & Moroccan Spices**  
(Australia Day BBQ idea)

### INGREDIENTS

- 100g pearl cous cous
- 200g pumpkin, cubed
- 1 tbsp extra virgin olive oil
- Salt and pepper
- 1 cup water
- 1 tin chickpeas, liquid drained
- 90g toasted pine nuts
- ½ red capsicum, cut into chunks
- 1 bunch coriander, roughly chopped
- 1 bunch parsley, roughly chopped
- 1 bunch mint, roughly chopped
- 1 bunch spring onions, sliced

### DRESSING

- 150g natural yoghurt
- 2 lemons, juice
- 1 tsp harissa
- Salt
- ½ cup extra virgin olive oil

### METHOD

1. Roast pumpkin with extra virgin olive oil and a pinch of salt and pepper at 180°C for 30-40 minutes or until tender and the edges begin to caramelise.
2. Heat oil in a saucepan. Add San Remo Pearl CousCous with a pinch of salt; stir to coat with oil. Once the couscous begins to get a little colour add water and salt and bring to the boil. Turn down to a low heat, cover with the lid and simmer, following cooking times on the packet (about 15 minutes). Allow to cool slightly.
3. To make the dressing whisk yoghurt, lemon juice, harissa, salt and extra virgin olive oil in a large bowl until smooth.
4. Pour cooled couscous into the dressing. Add chickpeas, pine nuts, roasted pumpkin, capsicum, coriander, parsley, mint and spring onion. Use a wooden spoon to coat everything in the dressing. Serve immediately.

## HAVE YOUR SAY



As the summer holidays draw to a close you're invited to give input into the timetable for semester one (Feb to Jun 2024).

Here's your chance to have your say about what classes you'd like to attend and what day/time suits you. Email, text or see me in the studio.

## NEXT FORTNIGHT'S WORKOUT

### WEEK of 29th JAN - 2nd FEB

Mon 6am and 8am - gym machine circuit  
Wed 5.45am/8.00am(chair)/9.00am/5.30pm - yoga  
Fri 6am and 8.00am - kettlebells & dumbbells

### WEEK of 5th FEB - 9th FEB

Mon 6am and 8am - combo circuit  
Wed 5.45am/8.00am(chair)/9.00am/5.30pm - yoga  
Fri 6am and 8.00am - boxing and bands



## WELCOME



A big warm welcome to Barbara. Welcome back Gilly, Rosie, Rebecca, Aleshia and Sharyn, we've missed you.

Lyn Reid  
Nutrition Coach/Group Exercise Instructor/Yoga Teacher  
Mobile 0403 155 150