

Hello Hello!

Thanks for your interest in our Shakti Mat classes!

WHAT YOU NEED TO KNOW:

Your instructors: Carrie Anderson (Mondays) and Leisha MacKenzie (Thursdays).

A bit from Carrie: Hi, I'm Carrie. I was born and bred in Blenheim and have been away living in Wellington and Gisborne for the last 7 years. I have 2 Young children, aged 2 & 4, and we have recently moved home to be closer to our family and friends. I enjoy a healthy but balanced lifestyle and can often be found enjoying a run up the Wither Hills. I play netball in the winter and enjoy a bit of water skiing over the warmer months.

I've been a keen yogi for many years participating in all types of yoga and now I'm excited to be able to share the Shakti mat experience with you and assist you to improve your wellbeing.

Carrie.

And a bit from Leisha: Hi I'm Leisha. I have been a Hatha/Ashtanga yoga instructor for over 10 years. I completed my training in India, I focus a lot on correct posture/alignment and breath work to get the most from the classes. I am a mother of a 6 and 5 year old! We live on and run our own vineyard out past Renwick. I teach ESOL at Renwick School and I have several volunteer positions I regularly help out with. I love the outdoors, tramping, camping, biking when I can and also play a bit of field hockey. I am very keen and excited to be part of this new venture here at Tui House offering SHAKTI yoga classes and really enjoyed our training and development with the Shakti mat.

Bookings: Classes are \$15, are 1 hour and you can book online. To secure your spot please go to www.musclematters.co.nz to book. Simply click BOOK ONLINE at the top of the webpage and follow the booking process. Payments for classes are required at the time of booking online via Paypal which is super easy!

What to bring/wear: Shakti mats, yoga mats and props are all provided. If you wish to use your own mat do bring it along. Please wear comfortable clothing that is not your BEST 'active wear'...holes in clothes from the mats is not a common occurrence but they do like to 'bite' certain fabrics so we recommend you wear your next bests. Skin on mat is best, therefore we recommend shorter shorts or anything that can easily be rolled up to expose your full leg. Where there is mat/clothing contact, thinner clothing fabrics allow for better results. Singlets or t-shirts that can easily be lifted to expose tummies and backs for full mat contact (if you are shy don't let this put you off- we have blankets or you can bring a towel or use your top to drape over your tummy when we perform positions exposing our fronts).

Parking/location: Please use the parking provide onsite to avoid congestion out on the street. We have plenty of carparking in front of the building with 6 extra spaces behind the Tui House building. The building entrance is up the black ramp which can be accessed from both the front car park and

the rear (you'll see the signs). Tui House is also the location of Muscle Matters Massage Therapy and we respectfully ask everyone to be mindful of noise as there may be massages in progress.

Shakti Mats for sale: If you wish to purchase your own mat we have orange and green original mats available (recommended for 95% of people) at a special price for our attendees. Shakti Orange or Green- Original- \$60 (RRP \$69 + delivery). Shakti Black- Original \$69. Shakti also have Light and Advanced mats available and we are happy to order these in for you.

Mat Hygiene: Our class mats are washed and sanitised regularly, though we ask that you use the biodegradable bamboo wipes available to wipe your feet clean before use. If you have your own mat and aren't sure how to wash it, simply handwash (remove foam first) in lukewarm water with a biodegradable/enviro friendly laundry soap then hang your mat up to air dry. Avoid washing machines as they can damage the spikes. If you have a machine where you can turn down/off the agitator you can turn the mat inside out (remove the foam) and put it on a gentle cycle.

Contraindications: There are a some reasons we may recommend avoiding class such as- skin conditions or broken skin, pregnancy (please chat to us first if you are pregnant), known blood pressure issues, injury (please speak to us before attending a class, or make us aware of any injuries). If you aren't sure about a condition please chat to one of us.

Contact: Leisha MacKenzie – globalfeet@hotmail.com 0211880622, Carrie Anderson – carrienoad@hotmail.com 021767704

Lastly, some extra info on Shakti Mats, benefits and how they work:
<https://www.shaktimat.co.nz/pages/faq>

We look forward to seeing you and sharing the Shakti goodness soon!

Carrie and Leisha.