

## bodyART Basics hosted by APT & Richmond Community Learning Centre

**Exciting News!** Below is a special event APT is jointly hosting with Richmond Community Learning Centre at the fabulous Studio One in Richmond.

Just wanted to give you a chance to book into this joint community event ASAP, to give you a delicious gentle start to your 2021 well-being, health and fitness year ahead. For those not on Social Media Channels where I have been informing of this exciting event the last few weeks, the info is below – There are just 2 spots available now as numbers are limited. **Simply contact me to book in [www.aptandpilates.com/contact](http://www.aptandpilates.com/contact) or 0412585181**

**BODYART BASICS** - here are the dates and details of the 4 week course - 1 hour a week :



### Venue:

Studio 1 – 32 Bendigo St, Richmond (actual address is 15 Barnett Way, Richmond)  
It's in the old GTV Nine Building and can be entered via 32 Bendigo St though.

**Dates: Wednesdays 6.15pm – 7.15pm** (60 min session)

**20 January**

**27 January**

**3 Feb**

**10 Feb**

**Please arrive 5-10 mins prior to start time to check in and set up your mat area.**

### What attendees need to bring:

**BYO MAT** (ideally non-slip 3-5mm) a good quality mat is VERY important for the best experience!

Towel

Water bottle

I recommend a **Lululemon 5mm mat** (this is what I use and used to supply pre-covid in my main studio in Bridge rd) **You can purchase online [here](#)**  
or a Lululemon Store (they are dotted around Melbourne)

**Andrea Gaze** - bodyART certified Instructor L1 & 2 & Australian Master Trainer (info on me [here](#))

**bodyART Basics** – This 4 weeks (1 hour per week) works through the fundamentals of what bodyART Training is, breaking it down to create a deeper understanding and to connect mind, body and spirit to move and breathe in a very self accepting choice based way. Through this learning one can ease into mindful movement gently and safely to start 2021 but also to then continue the practise of bodyART to enhance energy, calm and focus for everything in life. bodyART is a complete well-being method anyone can choose to tap into, barefoot on a mat.

#### **Key learnings**

- \*Energy from the five elements – Earth, Wood, Fire, Metal and Water
- \*Yin and Yang balance
- \*Breathe focus
- \*Stress Release
- \*Mobility
- \*Myofascial lines
- \*Challenge & nurture choice
- \*Building beautiful posture & alignment
- \*Core stability & safe healthy joint movement
- \*Awareness
- \*Self acceptance
- \*No judgement
- \*No competition

#### **Cost:**

\$75 for the 4\* weeks (\*highly recommended for first timers to really learn all the basics and then in week 4 on 10 Feb, enjoy a full bodyART Basic class)

**An Invoice will be sent to you** for the 4 weeks – payment confirms your spot and booking – **EFT only**  
**Registration/booking & EFT Details available on the Contact tab of the website.**

**PAQ Form** needs to be filled out & returned for all new clients prior to commencing.

\$21 per casual class - Full Course bookings take priority over casual bookings – casual bookings can be made Online via Musta Global@ APT's page - <https://musta.net.au/profile/trainer/APT>

*“For me bodyART has become a valued and necessary part of my personal well being. Feeling the fluidity and mobility in my movements has enabled me to view the ageing process in my body with confidence and optimism that I will be able to continue doing whatever I wish to do without constraints. Its fun, it's always changing which keeps it interesting. bodyART - Whats not to love!”* Dec 2020 Jacqui W



**APT PERSONAL TRAINING & PILATES**

**[www.aptrandpilates.com](http://www.aptrandpilates.com)**

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