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**RE >>
DEFINED**

UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF
REDEFINED - HEALTH + WELLBEING + MOVEMENT



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NOV /DEC**

A WORD FROM REDEFINED FOUNDER

Kia Ora

Can't believe we are almost at the end of 2023, and the start of what looks to be a very hot Kiwi summer! It's a year of growth for us, the first year that we have been able to operate without restrictions, and I am very proud of what our team has delivered, always staying true to our vision and philosophy.

Some really exciting events coming up for us, first off as we head up to Auckland on the 25th of November for the Exercise NZ awards ceremony, where we are a finalist for NZ Independent Fitness Facility of the Year!

On Saturday 9th December we have our Tribe Christmas party at Grill and Green from 5pm onwards. We invite all staff, tribe members, and their partners and children to come celebrate what was 2023. Social connectivity has always been a huge part of what we do here.

We look forward to sharing these special moments with our staff and members alike.

Bring on Summer! Movement is Medicine

Jimmy August - Founder - ReDefined Health + WellBeing + Movement

GROUNDING - CONNECTING WITH NATURE FOR YOUR WELLBEING

By Jimmy August



CLASS IN FOCUS



REFORMER BURN

REFORMER BURN OUR MOST CHALLENGING REFORMER CLASS!

This class is an intermediate to advanced level class. This reformer burn class is a classical and dynamic infused class on the reformer.

It will get you finding muscles and working them to fatigue with a faster pace with harder progressions than the reformer move class.

There will be less rest in between movements and more time under tension. and we seek to activate and strengthen your key muscle groups.

If you feel like you are progressing well in your Reformer Move classes, this is the next step up!

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wellness, there is some scientific evidence supporting its potential benefits. Research suggests that direct contact with the Earth's surface can help balance the body's electrical charge, reduce inflammation, and promote relaxation.

Benefits of Grounding:

- 1. Reduced Inflammation -** Grounding is believed to have an anti-inflammatory effect on the body. Chronic inflammation has been linked to various health issues, so reducing it may promote overall wellbeing.
- 2. Improved Sleep:** Many people report improved sleep quality and reduced insomnia symptoms after grounding. It is thought that grounding helps regulate the body's circadian rhythms.
- 3. Stress Reduction:** Grounding is a simple and effective way to reduce stress and anxiety. It can induce a sense of calm and relaxation.

In our fast-paced, technology-driven world, the idea of "grounding" may seem like a foreign concept to some. However, the practice of grounding, also known as earthing, is a simple yet profound way to reconnect with nature and promote physical and emotional wellbeing. This blog explores the concept of grounding, its potential benefits, and how you can incorporate it into your daily life.

What is Grounding?

Grounding is the practice of making direct physical contact with the Earth, typically by walking barefoot on natural surfaces like grass, soil, or sand, or even immersing yourself in natural water sources like the ocean or a river. This connection with the Earth allows for the exchange of electrons, which is believed to have various health benefits.

The Science of Grounding:

While grounding is often associated with holistic



MEET THE TEAM

VIVIAN FLORES
NEW MESSAGE
THERAPIST HERE AT
REDEFINED



Vivian's Quantum Massage Therapy is a range of techniques focused on healing and balancing the patient's energetic body field on a physical, emotional, mental, or spiritual level. Holding Certificate from Queenstown School of Massage and NZ Holistic Health Training, she has also been a practitioner in Quantum Healing for over ten years and her treatments include a mix of Relaxation, Deep Tissue, Remedial, Reflexology Massage, and the Multidimensional Stellar Reiki helping the patient cleanse and activate the ultimate balance of the body, mind, and soul.

Book in with Vivian here - 20% off your first massage!

www.redefined.nz/massage

4. Enhanced Mood: Connecting with nature through grounding can boost your mood, reduce feelings of depression, and increase overall well-being.

5. Pain Relief: Some individuals report reduced pain and discomfort, particularly with chronic conditions, through regular grounding practices.

So how can we incorporate grounding into our lives?

1. Spend Time Outdoors - Make a conscious effort to spend more time in natural settings. Whether it's a walk in the park, a hike in the woods, or simply sitting in your garden, being in nature is grounding.

2. Walk Barefoot - Whenever possible, walk barefoot on natural surfaces like grass or sand. The soles of your feet have an abundance of nerve endings, making them an excellent connection point for grounding.

3. Immerse Yourself With As Much Nature As Possible. Some individuals opt for earthing products,

and the more natural products, plants, air water the better to help us feel grounded.

4. Practice Mindfulness: Combine grounding with mindfulness techniques like deep breathing and meditation to enhance its calming and stress-reducing effects.

Grounding is a simple yet powerful practice that allows us to reconnect with the Earth and potentially reap numerous physical and emotional benefits. While scientific research on grounding is still emerging, many people find it to be a valuable addition to their wellness routines.

Try spending more time in nature, walking barefoot, or using earthing products, and you can experience the effects of grounding and tap into the rejuvenating energy of the Earth.

So, kick off your shoes, step outside, and give grounding a try – your mind, body, and spirit may thank you for it.

Especially as we head into our classic Kiwi summer!

TRIBE MEMBER SPOTLIGHT: PETER LEWIS

Tribe member Peter Lewis has been training at ReDefined for a couple of years now and really resonates with our movement as medicine approach. As an avid surfer especially, the regular holistic movement has had a massive effect on him recently.

Peter has sampled many of the classes that we have on offer, from Strong and Boxing, improving his strength, fitness, and coordination, to the improved length and strength that our range of Pilates provides, as well as bringing balance and mindfulness through Yoga.

“From having too much compression when sitting and having poor posture, Pilates has helped massively, especially the Contrology classes just working on the mechanics' flexibility through my lower back.

My abdomen has compressed under my ribs and my physio Nigel Beach said I was not breathing properly, we need to lift those ribs up, and man the Contrology and Yoga exercises have opened up my abdomen. This has allowed me to breathe so much more, which has been fantastic.

A big problem with my surfing in previous years was that my hip was locked up and couldn't turn, but this is now unlocked and I have far more strength, it's made a huge difference.

And I do love good sweat sessions with the boxing! The jackknife crunches were a killer last week! “



Peter with ReDefined Founder Jimmy

BECOME A CERTIFIED PILATES TEACHER! NEW COURSE DATES

Our comprehensive, balanced course fuses traditional Joseph Pilates' principles and modern dynamic functional exercises to empower you to create engaging, safe, and effective Pilates classes that meet (and exceed!) industry expectations and standards.

"Change happens through movement and movement heals" - take the first step in transforming your own Pilates journey with Fusion Reformer Teacher Training.

OUR NEXT COURSE DATES!

LEVEL #1

17th & 18th, 24th & 25th February 2024

LEVEL #2

16th & 17th, 23rd & 24th March 2024

Upon completion, you will become an effective, safe, hands-on instructor and will know how to confidently modify and teach Reformer Pilates to any client.

Learn more at

<https://www.redefined.nz/reformerteachertraining>



HELLO SUMMER

UPCOMING EVENTS

SOMATIC YIN YUMMINESS

Saturday 11th November 7pm - 8.30pm

Yinny Yumminess with JLo

Yin is a nourishing invitation to connect with the power of our breath and body by moving and resting in ways that feel deliciously yummy to you!

Self-investment: \$30

MEDITATION WORKSHOP

Friday 24th November 6pm - 7.30pm

This workshop offers the chance to get an introduction of this fascinating ancient science that holds such potential for our modern times.

Members FREE, Non Members \$30

TRIBE CHRISTMAS PARTY

Saturday 9th December 5pm onwards

Come celebrate what was 2023 with ReDefined.

All staff, members and partners/children welcome!

[REGISTER ONLINE FOR THESE EVENTS BY CLICKING HERE!](#)

THIS MONTHS OFFERS

FREE 14 DAY TRIAL TO OUR ONLINE APP

<https://www.redefined.nz/wellbeingredefined>

KEEN TO TRIAL US OUT?
\$7 FOR 7 DAYS TRIAL PASS



TO CLAIM EITHER OF THESE OFFERS GIVE US A BUZZ ON 07 542 0576,
EMAIL US ON US@REDEFINED.NZ OR VISIT WWW.REDEFINED.NZ

CLASS IN FOCUS



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YINYASA

YINYASA

THE PERFECT BLEND BETWEEN VINYASA FLOW AND YIN YOGA

Yin Yang is the concept of duality forming the whole. Yin yoga has blended the Yin style of long-held passive poses with the dynamic, yang style of Vinyasa (flow). This session begins with a Vinyasa flow to strengthen and energise the body and mind, with sun salutations, balances and dynamic poses; the class then transitions into a Yin style, consisting of a series of long-held, passive floor poses to encourage you to release, surrender and let go.

This class is great for increasing flexibility and energy flow, while also fostering a more meditative, non-reactive state of mind and body.

The ultimate Yoga experience for self-care.

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