

**NOVEMBER
2022
ISSUE #18**

**RE <<
DEFINED**

UNIVERSAL WELLBEING

OFFICIAL MONTHLY NEWSLETTER OF
REDEFINED - HEALTH + WELLBEING + MOVEMENT



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NOVEMBER

THIS MONTHS
OFFERS

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A WORD FROM REDEFINED FOUNDER

Kia Ora Tribe

Wow, can't believe we are only days away from Summer! Nothing beats the kiwi Summer, and after the challenges faced during this rollercoaster year, I'm sure we all looking forward to some sunshine and some downshifting.

Next Sunday will be the last Papamoa Farmers Market here at ReDefined. We have loved running the market, but it no longer provides the key value of its origin, to provide local fruit, veges and produce to our community. The challenges faced over the last year, especially the challenges grower and producers face, and Sunday being a key day for rest have weighed heavily in this decision. We wish Carmen well in the new "Papamoa Community Market" at Te Manawa O Papamoa School, see further details on page #4.

As we come into the silly season I want to share this quote with you, it really resonates with our philosophy here at ReDefined . "To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life. There are lots of people in this world who spend so much time watching their health that they haven't the time to enjoy it." – Josh Billings.

Jimmy August - Founder - ReDefined

BREATHING 101

WITH MILORIE BÉRUBÉ



Breathing is the most basic, yet vital part of our human experience.

While we could survive without food for about 3 weeks or water for 3 days, the average person cannot stop breathing for more than a minute or two.

Whether running, sitting or sleeping, our breath goes on.

Breathing is simple.

There are only 3 different possibilities, really: inhale, exhale and hold. The subtleties from what, where, how, how much and when, however, can modify your whole experience. Have you ever tried breathing at a high altitude? Or next to the sea? How about in a flower field? Notice a difference between the rhythm of the breath when running, working or sleeping? Or before a stressful presentation?

If our mundane activities can have an impact on our breath, could it be that the reverse is also possible?

All it knows is you're in danger.

What if our breath could calm our minds?

Activate our thoughts?

Foster creativity or warm our bodies?

What if breathing could influence how we live and how we feel?

The art of using and controlling the breath dates back millennia and has been studied by ancient civilizations.

In Yoga, Pranayama or the art of breathing is strongly associated with the concept of vital energy.

Different breath patterns are used for their physiological benefits, such as cardiovascular health or lung capacities as well as mental effects, like nervous system activation or relaxation or clarity of the mind.

CLASS IN FOCUS



RISE + FLOW

TUE, THU @6AM

We are delighted to launch a new class to the Mindbody Studio - Rise and Flow

This class is a step up from Flow offering you an opportunity to progress your practice.

Through a combination of creative and dynamic sequences, breath work, and still poses (i.e. longer holds) you will build strength, stability, and confidence both on and off the mat.

Learn to shift your perspective and turn your attention inwards to increase your body's vital energy.

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MEET THE TEAM

IRENE EILERS MASSAGE THERAPIST

I have been a massage therapist for over 20 years. I'm from the Netherlands and where I learned a variety of different massage styles.

I really enjoy working with a big variety of people. I worked a lot with the elderly, disabled and in the past 5 years more with athletes.

I have traveled a lot and opened my view on life. I like to incorporate meditation and mindfulness in my work.

I offer sports massage, deep tissue, relaxation, Thai, foot reflexology, prenatal, lymph drainage, and pincement massage (special scar treatment). I'm very excited to start offering from December: Hot stone massage and Cupping!!!!



When exploring the breath, I apply the same concepts as in training any other muscles or starting a new discipline:

1. Start slowly and gradually. You didn't start by running a marathon before you could do a 5km run. Don't start by trying to hold your breath for 2 min before you can do 10 or 30 seconds comfortably.
2. About that...results won't show overnight. Biceps don't grow overnight. Neither does silence of the mind. Consistency is key. Bad days are to be expected, but that's no reason to give up!
3. Ask for help! If you don't know how to use a machine at the gym, someone can help you use the equipment properly to reduce the risk of injury. Same thing with the breath.
4. Be mindful of counter-indications. No heavy deadlifting for people with a hernia. And no long breath-hold for pregnant women, people with cardiovascular disease and more. Refer to no 3 and ask for help (you can also Google that one) if you're not sure. Better safe than sorry!
5. The mindset is as important as physical actions and techniques. Games and matches have been lost before they even started, not due to the skills of the players, but because of their mindset. If you start defeated with a no-can-do attitude, how can you expect your body to catch up?
6. Finally, set an intention. If you want six-pack abs, you won't focus on bicep curls. If you want to run a marathon, you're unlikely to focus on squatting heavier. If your focus is on quieting the mind or coping with anxiety, don't choose an activating breath that will get you all warmed up.

FREE HEALTHY HABITS RESET

If you'd like the opportunity to set a small goal or incorporate a healthy eating habit before the year ends, Nadia is offering a FREE 5 day programme which includes:

- Coaching call, Goal setting and habit changing, Tips for success, 5 day meal plan including snacks, Recipes, Shopping list, Daily emails to support your journey, Private Facebook group

Limited spaces. Available dates: 1st & 8th Dec

With less than 6 weeks till Christmas, there's still time to make some sustainable healthy habits!

To register your interest, email nadia@bornfreecoaching.co.nz



Healthy Habits
5 Day Meal Plan

MB: 021 187 0345

nadia@bornfreecoaching

PAPAMOA FARMERS MARKET IS MOVING ...

Papamoa Farmers Market is going through a RRR(Rebranding, Relaunching & Relocating)!

The Papamoa Community Market will launch on 4th of December at the Te Manawa ō Pāpāmoa School.

We are looking forward to a brand new market with more stall holders and involving all the community.

We will be having a Christmas market the following week (11th) so keep an eye out for more info.

We are very excited about the new opportunities that this market will bring. We thank everyone for their support in achieving this milestone for Papamoa.

Arohanui



EVENTS FOR NOVEMBER AND DECEMBER

Tribe Christmas Party

Sat 3rd December 3pm Onwards @ The Island

It's been a crazy 2022, a year up plenty up ups and downs on this rollercoaster ride. But we are so proud to be part of this amazing community and have such an awesome tribe of staff and members here at ReDefined. Come join us for Christmas celebration and of the Year that was. All are welcome!

Initiation to Breathwork with Milorie

Sun 4 Dec @10.30am-12.30pm

We will first explore the place of pranayama (breath regulation) in yoga, followed by the three different levels of breath. Then, we will explore those levels in several postures enhancing the connection to the breath.



HELLO NOVEMBER

THIS MONTHS EVENTS

WHAT'S ON THIS MONTH @REDEFINED

Initiation to Breathwork

Sun 4 Dec @10.30am, with Milorie
Help you with direction, technique
or routine through exploration of
breathwork

PAPAMOA COMMUNITY MARKET RELAUNCHED

EVERY Sunday 8.30am - 12pm
#supportlocal
At Te Manawa ō Pāpāmoa School
From SUN 4 DEC



REGISTER ONLINE FOR THESE EVENTS BY CLICKING HERE!

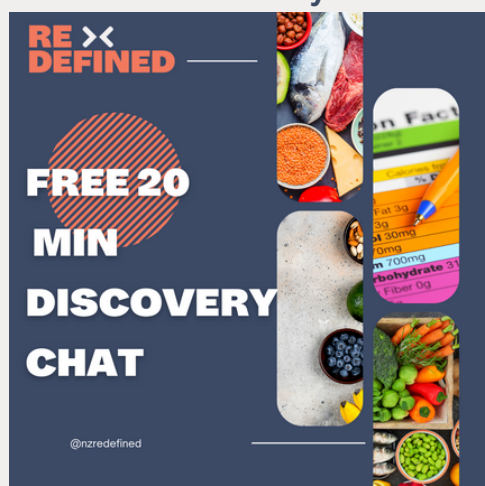
THIS MONTHS OFFERS

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Free Discovery Chat



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MEET THE TEAM

MALIKA GANLEY
YOGA TEACHER

Yoga has been a part of my life for the last 20 years. Originally it was the physical aspect that drew me, but then the feel good factor captured me on a much deeper level.

My passion and mission is to create a space to embody our true essence and find clarity amongst the murky waters of life through the connection and balance of mind, body, brain and breath.

I have a BSC majoring in Human Nutrition, and have owned a hospitality businesses for the last 11 years as a qualified Chef.



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