



Autumn Newsletter 2007



Method Putkisto
Breaks

MP Breakes

- Finland 2008
- 13th – 20th October:
Turkey with Exclusive
Escapes

Please ring us on **020
8878 7384** if you would
like to find out more

Instructor Training

Method Putkisto
Instructor Training
Programme

Would you like to be-
come an MP Instruc-
tor?

We will be starting a
new Method Putkisto
Instructor Training pro-
gramme for the Body
and Face in Septem-
ber.

Any enquiries for this
please contact the
office in the first in-
stance:

- 020 8878 7384

Dear Client

Welcome back from the Summer break and the start of the Autumn programme. Let's make this once more an interesting and rewarding time!

Thank you to the clients who took part in the Special Focus Summer Workshops – they were a great success and more will be planned in the future. Also, regards to those clients who came all the way to Finland - a fabulous time was had by all with Method Putkisto and Nordic Walking sessions and a lot of fun besides!

Autumn Courses

Our Method Putkisto Autumn programme started on Monday 3rd September and ends on Saturday 15th December.

We hope that you enjoy your classes and in order to keep everything running smoothly, we would be very pleased if you could let us know about your "exchanges" in good time. Just to refresh your memory; you are allowed 3 exchanges per Course, provided that 24-hours notice is given and that the exchange class is booked at the same time.

You can email studio@methodputkisto.com or call Julie on **020 8878 7384** or **07946 597449**.

New Classes

MP Stretch with Annie on Wednesdays at 10.15a.m. and an extra Nordic Walking class with Marja will start soon on Fridays at 09.45a.m. New timetables are available in the Studio.

If you anyone feels that they would like a new class at a different time, please let us know and as long as you can bring at least 4 people into the class, then we can consider running it for you.

It is important to stimulate the body in various and different ways.

Outdoor Method Putkisto (Nordic Walking) aims towards stamina and endurance. For the first 6 sessions we will be focusing on preparing the body along with a correct technique and for the second 5 sessions we will be slowly taking your heart rate higher. We are aiming to get you noticeably stronger, looking good when moving and having great fun at the same time.

There is still space in the Monday class at 9.45am, so make the most of the autumn weather and join the group.

MP Face School – Christmas Special

"Look your absolute best"

MP Face School is developing; it is obvious how important the alignment of the neck and shoulders and head together with the correct jaw position is for the overall well-being and the way we look. The dentists in Finland have recognized the need for the work we offer. Marja and Lynn are offering a special Christmas session on Saturday 17th November from 12-5pm. More details soon.

SAVE THE DATE!

Christmas Drinks Tuesday 11th of December.

I look forward to working with you during the Autumn term.

Julie
Office Manager