

## Cheeky Girls Studio News – Fall Spirit Session

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### Studio Happenings

Well...here we are, three-to-four weeks into the Fall Spirit Session and at the beginning of October! I want to thank everyone new to Cheeky Girls for investing in you and entering a wonderful journey with us. A special thank you to all of the returning students who are continuing to grow and learn and most of all have some fun! This session has been very busy and the classes are full of amazing women Cat-Cowing, Writhing Goddessing, twirling and Snaking, and not to mention lap dancing. We just completed our very first bridal show and it was a great success, during which we continue to raise funds for the local YMCA organization which runs fabulous programs for women, children and teens with all sorts of needs. In addition, I would like to thank all of you who participated in our last Lovers & Other Strangers Night, *YOU* assisted in generating over \$300.00 for charity. I have been busy with speaking engagements at the Running Room, in which I entertain them with the craziness that normally only fellow Cheeky's are privy to! Our new instructors and doing wonderfully based on the feedback that I have been hearing. A *BIG* thank you to Kristen, Laurie, Jenny, Corette, Lynn and our newest trainee, Kelly...keep up the outstanding work and sharing that Goddess within!

A special congratulations to all of the Cheeky's who are now newlywed's, I hope your day was filled with love and all that you wanted it to be. Also for the Mom's-to-be, so glad that we could be a part of this journey with you!

Our new session, Warmth from Within will begin the October 22<sup>nd</sup> and it will run for 8-weeks. Registration will begin next week via email and in studio, with a 50% deposit required via cash or cheque. A deposit is required to secure your spot in the class of your choice. I would appreciate any feedback you can give me on the classes and instructors. I need to know by Wednesday, October 3<sup>rd</sup> if you are returning to your present timeslot for the next session, otherwise the new schedule will go out and you may lose your current class time, thank you in advance.

### Becoming Your Best You – Imagine Having the Life You Always Wanted with the help of Mind, Body & Soul Coaching

As most of you know, I have been practicing Hypnotherapy since October 2006 and the sessions have produced some significant changes for most. I have found it very rewarding to assist those who have come to me on their journey to happiness and success. Thank you to those of you who have trusted me with your fears and embraced the wisdom that I have shared with you, enabling you to lead a happier and more successful life. Have you ever wondered how easy it would be to: *lose weight, attract more money, stop smoking, fulfill some life long dreams, attract your perfect partner or just enjoy the one you are with, reduce stress and eliminate other bad habits* that have been keeping you from living your most happy, healthy and successful life? Think of having the life that you dream of having, doing what you want to be doing, being what you want to be. The answer is all within you and with hypnotherapy we help to connect you to your inner voice and give you the tools that you need to be successful and feel good always. Are you serious about making changes in your life so that you can start experiencing the results you want now, and you can, can't you? *How about letting go of all that emotional baggage and living your life without fear, sadness, anger or guilt?* How freeing and peaceful would that be, wouldn't it? I look forward to hearing from you and setting up an appointment to begin making the changes that you want in your life.

### Lovers & Other Strangers Night

Tuesday, October 16<sup>th</sup>: 5:30pm, 5:50pm, 6:10pm, 6:30pm, 6:50pm, 7:10pm, 7:30pm, 7:50pm, 8:30pm, 8:50pm, 9:10pm, 9:30pm  
Friday, October 19<sup>th</sup>: 5:30pm, 5:50pm, 6:10pm, 6:30pm, 6:50pm, 7:10pm, 7:50pm

### **Burlesque Dance/Lap, Chair and Pole Parties!**

These parties are a great way to celebrate any occasion with the amazing women in your life. We receive overwhelmingly positive feedback on all of our parties and the instructors. Cheeky Girls receive a special rate on our parties. Those of you that are not yet Cheeky Girls, everyone says that we have the best pricing and service of any company in the GTA. For the Burlesque/Lap Dance Party, we take your guests through our Level 1 dance routine in 2's or 3's and teach the bride-to-be or birthday girl a front lap dance! For the Chair Routine Party, we have a wicked and sexy routine that is done on a folding chair to Timberland's newest hit "Scream". For the Pole Party, we lead each guest through a few of our Level 1 pole tricks that work into a fun and sensual routine and then teach a front lap dance to the bride-to-be or birthday girl! Please contact [sturner@cheekygirls.ca](mailto:sturner@cheekygirls.ca) to book your party now!

### **Parting Thoughts**

Happiness is something that we all want and do our best to have and surround ourselves with everyday, or at least I know I do. Is it that simple to just feel it? How about accepting it for more than just a moment, a day, a week, etc...? What are my limiting beliefs telling or showing me about my life and what is required to be happy always? What if we are just happy being ourselves no matter what is happening around us or where we are in life, or is our life simply a reflection of our unconscious trying to tell or teach us something? You want to feel good now and always, don't you?

I have been thinking that it is important for us to know our own boundaries of what is acceptable and not acceptable in our life and to communicate our needs/wants to those around us who can have an effect on us. To share our happiness, love and appreciation with the world around us, knowing that what we give out will come back to us tenfold or more, and it commands us to live an unselfish life. Boundaries or guidelines are important for all relationships to succeed.

My hypnotherapist Yvonne Oswald ([www.hypnonow.com](http://www.hypnonow.com)) is not the easiest on me, encouraging me to take responsibility for all that is in my life right now, knowing that it is a reflection of my choices, values & beliefs known/unknown that have brought me to this point. Tony Robbins book "Awaken the Giant Within" discusses this. Decide who you really are and want to be irregardless of whom you are now or where you are, and list the traits this person would have. We can all be whom we want to be everyday in every situation when we are called upon to act/react and choose to be that person. We are very powerful and always have choices, if we choose to see them. If kindness is one quality, then determine that everyday you will be kind in some way. Courageous, remember to do something that honors you and takes you out of your box. Think about all the wonderful qualities and decide which one does create your best life always and in every circumstance. In this way, you are living the way you want to, which is empowering in and of itself, and it changes your outer world because you will attract different people, places and reactions that will help support the best you. You can be this person now, today, right here, in every situation. You get to decide your life every moment, why not make it the best it can be so that you can shine brightly and share that light with those around you.

At Cheeky Girls, our wish is that you shine so brightly that you will illuminate the world with your beautiful Spirit and that all those who come into contact with you now and going forward will benefit from all that you give and receive during your classes. It takes Courage to step outside your box, invest in yourself and allow others to see how truly beautiful, sexy and limitless you really are, believe it....cause you *ROCK!!!*

### **P.S. Achieving Financial Success**

My amazingly positive and wonderful best friend Tracy, whom some of you know also as a Cheeky Girl or Spin Instructor, has been doing very well in her new venture as a Mortgage Consultant with The Mortgage Centre. *She is currently offering to pay for a full 6-week Cheeky session if you sign-up for a mortgage with her and the deal closes!* She is a fitness fanatic who

also loves to help people achieve Financial Fitness, pointing you in the best direction for the best financial health! Tracy takes the time to understand your wants and needs, whether you are a first-time home buyer, interested in refinancing your existing mortgage, eliminate debt, and other financial concerns. Tracy truly cares about each client and will do everything possible to get you the best rate while providing you with the best customer service. Think about achieving financial success and the feeling of freedom after eliminating debt or reducing your monthly payments, and you can, can't you? I love her and I know you will too. Tracy Axford #905-626-3459 or [taxford@durhammortgage.com](mailto:taxford@durhammortgage.com) .

Have a fabulous month and thank you for being a Cheeky Girl.

*All My Love,*

*Stephanie, CEO and Empowerment Coach*