

## WELLNESS

{ WORDS BY ANDREW GILLMAN }



### MEMBER DETAILS

*Kathryn McCusker, 43*

**POSITION** Founding Director,

**COMPANY** KMYOGA, NSW

**WEBSITE** kmyoga.com

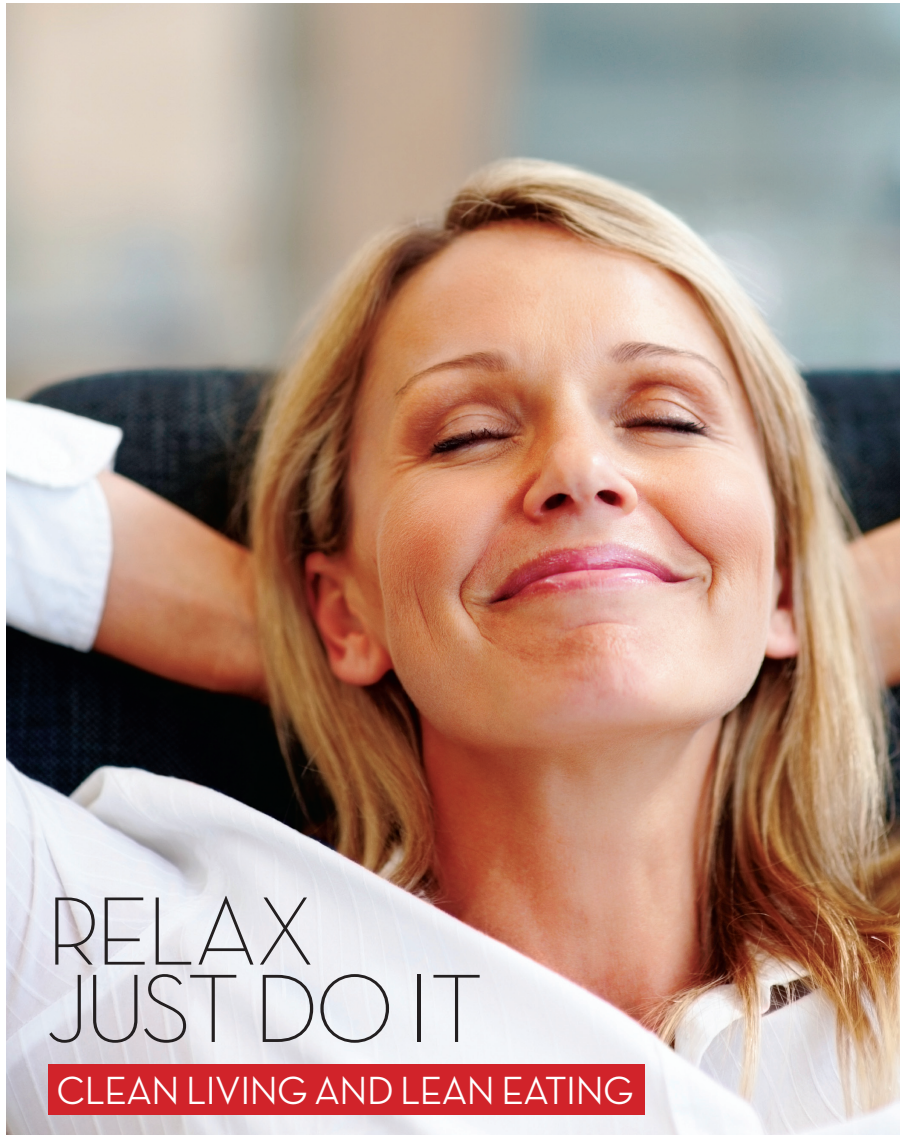
*Fitness routine:* I stay fit mentally, physically and spiritually with a daily practice of Kundalini yoga and meditation.

*Sanity saver:* My daily ritual of Kundalini yoga and meditation that helps me connect and create space for balance, focus and creativity. When I have time I love treating myself to a massage to help ground and relax my body. Whenever I am really under pressure and feeling as though I need a 'tune up' I go to acupuncture.

*To relax:* I find that swimming in the ocean is very rejuvenating. The salt water cleanses my body and refreshes my mind. I also love walking along the coast from Bondi to Coogee Beach. I have just written a book called *Kundalini Meditation - The path to personal transformation* and creativity, which will be published by Watkins in March 2013.

*Challenge:* One of my most challenging fitness and adventure goals was to walk to the top of the volcano, Stromboli in Sicily. It took over three hours to reach the top and I loved every step. My daily practice of yoga and meditation made the challenge far easier than anticipated and I realised that yogic breathing (pranayam) really does work!

*Soul food:* Kundalini Yoga and Meditation at my KMYOGA of course!



# RELAX JUST DO IT

## CLEAN LIVING AND LEAN EATING



**GERMS BEGONE! CLEAN FREAKS WILL LOVE THIS. WE DO!** **SIMPLY CLEAN IS AN INNOVATIVE NEW RANGE OF CLOTHS AND SPONGES WHICH ARE COLOUR-CODED AND LABELLED "KITCHEN", "BATHROOM", "TOILET" OR "FLOOR" SO YOU KNOW EXACTLY WHERE IT SHOULD BE USED.**

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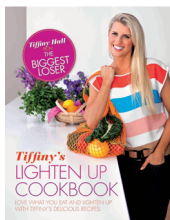
### REMINDE YOURSELF TO REST

When you're committed to your career, it can be easy to adopt the attitude: **'Go hard or go home'**. But it's vital to take a break if you want to stay sane. Here are four apps that may help you relax a little in your cubicle.

These apps remind you to:

- ✦ Give your eyes a rest. [eyeleo.com](http://eyeleo.com)
- ✦ Take micro-breaks to prevent RSI. [workrave.org](http://workrave.org)
- ✦ Walk away from your PC. [trisunsoft.com/pc-work-break](http://trisunsoft.com/pc-work-break).
- ✦ Stare into the distance. [protectyourvision.org](http://protectyourvision.org)

They may not be the same as a holiday in Tuscany but they're a good start!



**LOVE WHAT YOU EAT** Food is not the enemy asserts Tiffany Hall, trainer on Australia's Biggest Loser. In her new book *Tiffany's Lighten Up Cookbook* she argues that to lose weight, you don't have to give up food; you simply have to eat it more sensibly. Focus on eating natural, unprocessed foods, embrace the good fats, and use what you eat to adjust your hormones and boost your metabolism. \$29.95, Hardie Grant.



## WANDERLUST

{ WORDS BY ANDREW GILLMAN }



### MEMBER DETAILS

*Robyn Field, 45*

**POSITION** Regional Business Manager  
**COMPANY** City Chic NSW

*Holiday heaven* Growing up in Newcastle, NSW we would spend every holiday at my grandparents' holiday 'shack' at Fingal Bay. It was one huge room with curtains to divide the beds and a small shower area with grass growing through the floor. Depending on which family arrived first, you had a bed in the 'shack'. If you were you camped in the front yard. So many fabulous summers with many cousins, aunts, uncles and random friends, so many fabulous memories.

*Book it* Mollies Luxury Boutique Hotel in St Marys Bay Auckland. For a special, romantic and pampered stay, this place hits the spot. I have been lucky enough to have been taken here as an anniversary present for many years. It also makes a great girls' weekend if you want a fabulous place to hang out with your girlfriends.

*Slumming it* Pack light! If you can... I try, I try, and I try but never seem to achieve this magic trick you always read about in the travel sections of magazines. Deep down the fashionista in me always thinks: but what if I need these heels, necklace, bag and so on?  
*Indulgence* Dinner at The French Café in Auckland is a true indulgence. The wait list can be very long but the divine food is worth the wait.

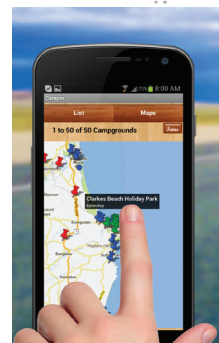
*Must take:* It used to be a good book, but now it's my Ereader.



### BIG APPLE ADVENTURES

Love the idea of New York but not really sure how to navigate the big city? We love this tour hosted by **Sami Lukis** for women over 30. Sami is co-host of Mix106.5's Sami Lukis and Yumi Stynes Breakfast Show. **"New York with Sami"** has female friendly activities (yes, that includes shopping!), a beauty masterclass at Bloomingdales, yoga in Central Park, Harlem gospel choir, and a catch up with the AWNY (Australian Women in New York). You'll visit all the major sites, museums, and head to Brooklyn. The tour is **23 to 30 June 2013** and is personally hosted by Sami. You'll stay seven nights at the fabulous Trump Soho Hotel. [www.SamiLukis.com](http://www.SamiLukis.com)

**HIT THE ROAD** DO YOU LIKE ROUGHIN' IT ON HOLIDAYS, FINDING GREAT OUT-OF-THE-WAY PLACES TO STAY? MICHELLE CAMPBELL'S, **CAMPIN AUSTRALIA APP** LISTS OVER 6000 STOPS LIKE CAMPGROUNDS, CARAVAN PARKS, AND BACKPACKER HOSTELS AUSTRALIA WIDE. PHONE AND ANDROID PHONES. [WWW.CAMPIN.COM.AU](http://WWW.CAMPIN.COM.AU)



**TRACK IT DANNO!** It's a common lament: you make it to your dream destination but your luggage doesn't. Well fret no more. Trakdot, a small, lightweight device which runs on AA batteries and works anywhere your mobile device does, allows you to track your bags anywhere in the world. It even texts or emails when your plane lands to confirm your luggage arrived with you. From \$49.94 at [Trakdot.com](http://Trakdot.com).



## ALL ABOUT YOU

{ WORDS BY ANDREW GILLMAN }



### MEMBER DETAILS

*Kyla Kirkpatrick, 34*

**POSITION** Presenter

**COMPANY** The Champagne Dame, VIC

**WEBSITE** thechampagnedame.com

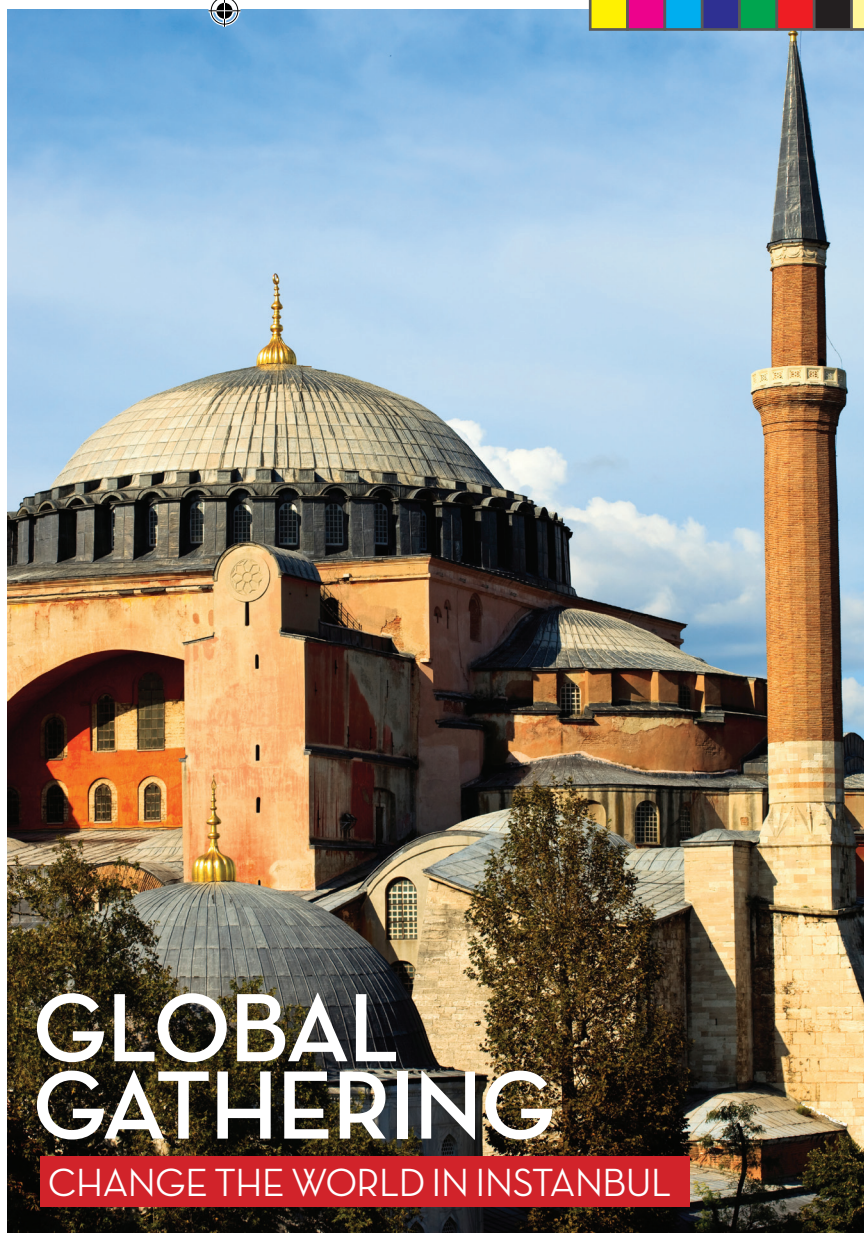
*Recommended read:* *The Lean Startup* by Eric Ries. This book provides a blue print for startups that has some methodology to it. It dispels the need for large amounts of initial start-up capital and complex business plans but still advocates testing, research and planning whilst being on the move with your business.

*Must surf:* Google. I honestly don't know how we did anything before Google.

*Career counsel:* There are many great pieces of advice that I have received in my career that has spanned many industries but one of the best pieces of advice I received early in my career in banking and finance from a very successful mentor was 'fake it till you make it!' My interpretation of this advice is simply to get in there and give it a go, walk the walk, hold your head high, exude confidence and one day the time will come when all of those traits just become you, and you truly will know who you are, what you are doing and where you are going.

*My mentors:* I do not currently have a mentor in the flesh but I do listen to a lot of podcasts and seminars and read books and blogs of successful people.

*Words to live by:* Think Big! You have to dream. I don't place any limits on my dreams or my dreaming.



### PAYING IT FORWARD

IF YOU'RE A FEMALE BUSINESS FOUNDER, CEO OR A LEADER OF A HIGH-GROWTH BUSINESS, THE PLACE TO BE FROM 2-4 JUNE 2013 IS THE **DELL WOMEN'S ENTREPRENEUR NETWORK EVENT** IN ISTANBUL, TURKEY. WITH THE THEME OF PAYING IT FORWARD, THIS YEAR'S EVENT WILL FOCUS ON "HOW WOMEN CAN POSITIVELY IMPACT AND REINVIGORATE ENTIRE COMMUNITIES BY GIVING BACK TO THOSE IN NEED." [WWW.TINYURL.COM/DELLWOMEN](http://WWW.TINYURL.COM/DELLWOMEN)



### DID YOU KNOW?

Whether you love or hate your job, you can share your opinions about your employer with the world. While ratings sites like TripAdvisor provide travellers with frank reviews about their accommodation, **InsideTrak.com.au** lets you give the thumbs up – or down – about your place of work. So instead of ranting around the water cooler, you can post your views online. It can give you a no-holds-barred insight into a new firm.

how to leverage social media and content marketing to

**microDOMINATION**

build a mini-business empire around your personal brand

TREVOR YOUNG

### MUST READ

**MicroDOMINATION**  
If you've ever dreamed of launching your own mini-business empire but weren't sure how to go about it, Trevor Young's new book **MicroDOMINATION** details, with easy-to-action advice, how to take your area of expertise and build a business around it using content marketing and social media.  
**\$24.95, Wiley.**