

NEWS

GOOD VIBRATIONS are now happily settled into the Oaks Club Resort on Frankton Rd, a very comfortable space and a little more accessible for our Queenstown members. Remember that plenty of parking is available underneath on the first level and appointments are no longer necessary, so pop in anytime. Note our phone number is the same but will be answered by the resort. They can switch you through to the studio or take a message. Don't be strangers!

www.goodvibrations.net.nz



XMAS SPECIAL

CONCESSION CARD SALE

\$60 OFF (Now Till Xmas)

~~\$180~~ **NOW only \$120**

GO On...makes a great present

XMAS HOURS

Good Vibrations will be CLOSED on the Statutory days over the Xmas New Years period: Xmas & Boxing Day & 1st & 2nd January. Normal hours apply between. From the team at Good Vibrations have a safe and happy Xmas/New Year

"Let's keep Good Vibes Buzzing"

RECIPIE FOR LIFE

RAITA - THE HEALTHY SAUCE FOR ALL OCCASIONS

Always looking for something healthy & simple to top off your fish/lamb dish? This Raita is just the ticket to impress and add that little zing!

INGREDIENTS

200G Low fat yoghurt
2 tbl spoons lemon juice
½ cucumber finely chopped
2 tbl spoons finely chopped mint
1 crushed garlic clove

Combine ingredients in a medium bowl. Cover and chill. Perfect for fish cakes, or crumbed lean Lamb cutlets.



Nice & healthy!

DIET AND HEALTH FORUM

LIVE 10 YEARS LONGER!

Mix 10 parts positive attitude with a good dash of self discipline. Sprinkle in a dance or two, a sprig of passion and always, always a splash of water between wines. Add lots of laughs and good company and think fresh fresh fresh! Fresh veges, fresh air and fresh attitude. Throw out those big plates they're not you're mates and eat like you can taste it. Chew a lot and take your time...it's not a race.

Slightly sauté in sunshine and slip slap slop, and vibe, vibe, vibe.

Now you've got the recipe to live 10 years longer!