



28 November 2019

Level 7, 452 Flinders St      T 03 9095 5000  
Melbourne VIC 3000        F 03 8684 5000

[www.stockland.com](http://www.stockland.com)

## STOCKLAND ENCOURAGES LOCALS TO GET FIT AND FLEXIBLE WITH FREE YOGA AND TAI CHI CLASSES AT WATERLEA

Stockland's \$127 million Waterlea community in Rowville is coming to life with 39 homes complete so far, and our first residents now living in the community. To celebrate the community coming together, Stockland is hosting free weekly adult yoga and tai chi classes this Summer at the beautiful Stamford Park Homestead from Saturday 7 December.

Built in 1882, the restored Stamford Park Heritage Homestead - located at the entry of Waterlea - is one of the only remaining nineteenth century Victorian era homes in the region. Open daily for breakfast and lunch, and serving dinner on Friday and Saturday nights, it is a beautiful local establishment for residents, only a short stroll from their new homes.

Stockland's free classes will run each Saturday morning from 8.00am-9.00am and are open to all Waterlea residents, locals of Rowville and their friends and family. Simply jump on Eventbrite to reserve your spot to the class: <https://bit.ly/32L4IGi>

Nathan Barresi, Development Manager at Stockland, said the new classes are all about being healthy, making friendships and connecting to the new Waterlea community.

"We are delighted to introduce these fun and free adult yoga and tai chi sessions to be run on the lawn this Summer at the beautiful Stamford Park Homestead at Waterlea.

"The Summer yoga and tai chi classes will be run by an experienced instructor to provide a total mind and body workout. The location at Stamford Park Homestead makes it perfect for grabbing a coffee or late breakfast after the class as well."

"Waterlea is proud to be a liveable community that supports healthy and active lifestyles with over 40 hectares of parkland, wetland and heritage precincts, including a Central Green with BBQ facilities, Discovery Garden, pocket parks and walking trails.

Located in Melbourne's fast-growing south-east corridor, the new \$127 million Waterlea development in Rowville, will feature a mix of standalone semi-detached homes and architecturally designed two, three or four bedroom townhouses.

The 6.3 hectare community is also close to a range of existing transport options, schools, universities and Rowville's Stud Park Shopping Centre.

Nathan Barresi continues, "The Waterlea community has been designed to bring together modern residential homes with extensive surrounding open space parklands to create a new model for city living in middle ring suburbs.

“We are thrilled to see the community coming to life and our first residents enjoying the amenities and open space that has been developed.”

Waterlea has already been recognised with a 6 Star Green Star communities rating by Green Building Council of Australia and each home will be designed to achieve a minimum 6 star NatHERS ratings and include an array of sustainable features, such as solar panels, electric vehicle charge points, and rainwater tanks.

Townhomes in Waterlea at Rowville are currently priced from \$730,000 and all feature either single or double car garages.

To find out more, visit the Waterlea Sales and Display Suite at 1 Emmeline Row, Rowville, call 13 5263, or register your interest online at [www.stockland.com.au/waterlea](http://www.stockland.com.au/waterlea).

**When:** Saturday's weekly (please see available dates)

**Activity** - We will be alternating between yoga and tai chi, please see dates below for which activity will be held each week.

**Time:** 8:00am – 9:00am

**Where:** Stamford Park Estate, 8 Emmeline Row, Rowville

**What to Bring:** A towel, yoga mat (if you have one) and some sunscreen/hat as this activity is outdoors. Water will be provided.

**RSVP's essential.** Spots are limited so book in quickly

**Yoga Classes** - 7th December, 21st December, 4th January, 18th January, 1st February, 15th February, 29th February

**Tai Chi Classes** - 14th December, 28th December, 11th January, 25th January, 8th February, 22nd February

## ENDS

For media enquiries

**Monique Brown**

Media Relations Manager  
Stockland

T +61 (0)2 9035 3435

M +61 (0)438 995 791

[Monique.Brown@stockland.com.au](mailto:Monique.Brown@stockland.com.au)

---

**About Stockland:** Stockland (ASX: SGP) was founded in 1952 and has grown to become Australia's largest diversified property group – owning, developing and managing a large portfolio of shopping centres, residential communities, logistic centres, business parks, office assets and retirement living villages. Stockland is rated as one of the most sustainable real estate companies in the world by the Dow Jones Sustainability World Index (DJSI). Stockland is also an Employer of Choice for Gender Equality, as recognised by the Workplace Gender Equality Agency [www.stockland.com.au](http://www.stockland.com.au)