

newsletter

Hi Everyone

Our first short term is nearly at an end and I'd like to take this opportunity to welcome new students to the studio and to thank returning students for your loyalty and patience while new arrangements were being made.

You all obviously value the benefits regular Pilates exercise makes to your life and I encourage you as we head into a winter term to be regular with your practice as the benefits of keeping fit and healthy cannot be over emphasized.

As the weather begins to cool please layer the clothing you wear to class as the body can cool rapidly. A water bottle is also a good idea as even on cooler days bodies need hydrating after exercise.

Term 2 Dates and Fees

- The studio will take a short break over the Easter school holidays
- Term 2 commences Monday 19th April - Friday 2nd July. This is an 11 week term except for the Monday classes which are a 10 week term because of Queens Birthday holiday on Mon. 7th June .
- Fees - therefore Monday classes are \$100 for the term and all others are \$110 for the 11 weeks.

****Confirm your term 2 enrolment before
16th April and go into the draw to win a
free term of Pilates classes for term 2**
BE IN TO WIN!**

INTRO COURSES Term 2

Intro courses are a great way to start your Pilates training and get to grips with the fundamentals of Pilates. I teach the following courses -

VICTORY COMMUNITY CENTRE Intro to Pilates course, Monday 5.30pm.

Term 2 dates are 3rd May - 28th June, contact Gareth Cashin 548-4779

EQUILIBRIUM CHIROPRACTIC Intro to Pilates course, Monday lunchtimes

Term 2 dates are 19th April - 27th May ph 548-0082

****Internet Banking Option**

Recently I have changed my bank.
If you pay by internet transfer please ask for my new details **

Last Sunday 21 March I attended a workshop in Wellington on shoulder and hip and leg injuries in relation to dancers. The same information can be applied to general activity.

At the end of May I will attend a workshop looking at exercise for scoliosis.

SPRING INTO ACTION BY KATE BURTON

Lately I have been thinking of the spine as being like a spring.

Think of a spring, with its metal coiled tightly together, how if it is neglected, left inactive, untested or utilised, how dust may settle and debris lodge in its grooves. Overtime this may cause an abrasion or rusting of the metal, fusing the coils together creating metal fatigue and general deterioration. So the spring seizes up and becomes locked or imprisoned in itself.

Compare a well used and oiled spring; its capacity is challenged by expansion but also by contraction. It is capable of rotation, and responding to pressures with convex or concave movement, so similar to our spines.

Pilates like other forms of body practice, gives us the opportunity to learn to know ourselves; to tune into our bodies and the sensations within. The action of moving our spine stimulates nerves and enlivens muscles; creating awareness and sensitivity as we increase range and control.

Through this sensitivity we learn to understand our physical capabilities. We build stamina, physical strength and increase our range of motion. We become more stable and resilient, improve our balance and breathing.

By putting our body through its optimum range of movement we come to understand our capacity and ability to change, and also learn acceptance of our limitations.

Whether it is the re-sculpting of the physical body or developing the ability to simply relax, it is the drawing of consciousness into practice, to practice being fully present, to hear the teaching and listen to the self, by observing "what is" in this next breath or movement.

Thus helping us become conscious of the choices we make everyday with every movement in every moment, enlivening ourselves we "spring" into life.

Kate Burton is a certified Pilates Instructor

CLASSICAL PILATES CLASS THURSDAY 6.20PM

I'd like to encourage all intermediate students to consider this option.

In the class we focus on flow and precision and the transitions between exercises. It is a great class to deepen your practice and increase your stamina and fitness.

QUOTE FOR THE DAY - " Physical fitness is the first requisite of happiness"
Joseph H. Pilates