



# Newsletter 5

## Hi Everyone

The shortest day has past and I feel my spirits lift in anticipation of Spring.

This newsletter includes the guiding principles of Pilates, I encourage you to read them thoughtfully, refer to them often and apply them to your practice.

Next week is our last week of term, and you are welcome to attend extra classes to make up for any classes missed earlier in the term, just let me know you are coming so I can guarantee you a place.

## Term 3 Dates and Fees

- The studio will take a short break over the July school holidays
- **Term 3 is a 10 week term** and commences **Monday 1st August – Friday 7<sup>th</sup> October**
- **Fees** - The term fee is \$100 payable at the beginning of term.
- Casual classes are \$15 and subject to space availability.
- **Monday Stretch Class 7.30pm** is an open class and numbers are not limited,

If you happen to miss your class through illness or other circumstance you are welcome to attend the Stretch class to make it up. Please bring your own mat and blanket.

## TIMETABLE CHANGES

The timetable for Term 3 will remain the same except for a slightly later start to the Tues Evening class to accommodate a Power Yoga class that has been squeezed into the Dance Studio timetable.

**Tues Open Class will start at 6.15pm**

Please let me know if you wish to re-enroll for next term or are wishing to change your class.

[www.pilateswithkate.co.nz](http://www.pilateswithkate.co.nz) for timetable



Thank you for letting me know if you are unable to make your class, your consideration makes set up and inclusion of casual students easier for me. Txt is easiest, please let me know if you would like my cell ph number.

## NEW YORK, NEW YORK

During the last school holidays I travelled to New York City and had the joy of meeting Lesley Powell of Movements Afoot Pilates Studio, and was lucky to attend a few of her classes.

Lesley is a Master Trainer and a Pilates treasure, who has a profound understanding of physiology and an ability to communicate her knowledge clearly to teachers and students. I found her use of imagery inspiring and her dancers background an extra bonus in relation to my work and interests.

Her studio was full of people of all ages doing real work, in an inclusive, welcoming and relaxed environment. Definitely seek her out if you ever find yourself in Manhattan.

## CLASS TIPS

**The following points will be included in a hand out given to new students. I have included them in this newsletter as a reminder.**

### Class Tips

- Familiarise yourself with the Pilates principles.
- \* Arrive on time, important centering and warming exercises are performed at the beginning of class.
- \* Wear loose or stretch fabrics for ease of movement, stretch fabrics are best as they are body forming so I can see alignment and muscle use Remove belts and constricting jewelry.
- \* Pony tails need to be worn either high or low so correct head and neck alignment can be maintained.
- \* Socks are mandatory in the interest of hygiene.
- \* Nothing is to be held in the mouth as it could result in choking, deep breathing is essential, e.g gum.
- \* Unless you are on call or expecting an important contact please be considerate and silence your phone.
- \* Blankets need to be folded and placed ready as required so as not to disrupt the flow of your practice.
- \* Leave your mat cleaned and fresh for the next student as you would like to find it. A personal yoga mat overlay is an option.
- \* Please let me know as soon as possible if you are unable to make your class. This allows for casual students or those wishing to make up missed classes to be included. And makes set up easier for me.

## THE GUIDING PRINCIPLES OF PILATES

**Centering** To “centre” during any exercise is to become aware of the alignment of the body and to use the “Powerhouse” the centre and foundation of your body, which includes the abdominals, lower back muscles, and buttocks as the initiator of the movement – drawing the abdomen in and up before moving the limbs. Each and every exercise in Pilates initiates from the powerhouse and then flows outwards into the periphery of the body. Energetically, Pilates exercises are sourced from centre by using proper alignment and form.

**Concentration** In order to maximize your workout, you must be completely present during your session. Full attention to and awareness of the entire body can make a basic exercise challenging and effective for even an advanced student. The more focus and mindful intention you bring to your workout the more effective and stronger you will become. Don't let your mind wander! Concentrate on improving your form by focusing on every detail of the exercises. If one brings full attention to the exercise and does it with full commitment, maximum value will be obtained from each movement.

**Control** Every movement of each Pilates exercise requires complete control of your body by your mind. Control is vital for safety as well as effectively transforming your body. There should be no sudden, haphazard, or meaningless, movements during your Pilates workout, it is a mind body connection. This is why the Pilates method is such a safe exercise regimen, as exercise without awareness and control can lead to injury. Joseph Pilates called his method of body conditioning "Contrology" or "The Art of Control".

**Precision** Every exercise in the Pilates method has a purpose and a goal. In its ideal form, Pilates is practiced with precise attention to detail. Movements should be purposeful, clean, and integrated; parts of the body that are still should be absolutely still, while parts that are moving move with clarity. Most of the exercises in Pilates are very low repetition, thus you must focus on doing a few precise perfect repetitions rather than many halfhearted ones There is an appropriate placement, alignment relative to other body parts, and trajectory for each part of the body. Scan your body and focus on all the principles, as Joseph Pilates used to say "honor every movement".

**Breath** Using the breath properly is an integral part of Pilates exercise. Traditionally, Pilates practitioners breathe in and out through the nose, using the breath to keep the mind and body focused and energized. Proper breathing oxygenates your blood, increases you circulation and flexibility, deepens the work of your abdominals, and brings a sense of ease to your movement. Joseph Pilates emphasized using a very full breath in his exercises. He advocated thinking of the lungs as a bellows, using them strongly to pump the air fully in and out of the body.

### Flow

Flow is something that really sets Pilates apart from other forms of exercise. Aim to flow both within and between exercises. Seamless transitions, smooth movements, and a never-ending sense of reaching for length and scooping for depth all help to create a true Pilates flow. Fluidity, grace, and ease are goals applied to all exercises.

If you have any concerns or queries please contact me,

I look forward to seeing you all next term,

Kind regards,

Kate

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