



# physiotherapy pilates proactive

freedom of movement...body and mind

## Welcome

Welcome to our June newsletter. Winter is here so let us embrace the cold and keep our bodies mobile with Pilates!

## Dates to Remember.....

Friday 8 August 6.30-8pm  
Stirling Winter Wine and Cheese Night

Wednesday 8 October 6.30pm  
Life is Rhythm – Camut Band  
Her Majesty's Theatre

Friday 5 December 6.30-8pm  
Parkside Christmas Drinks

About 30 of our clients and some staff attended the ballet at the end of May. The Triple Bill was celebrating ballet works created almost 100 years ago, around the time of the Ballet Russes's Tour to Adelaide. We had a great time and look forward to our next trip to the ballet in October!

## Client Notice Board

### Colds and Flu

During the winter months colds and flus are inevitable. If you are suffering from the dreaded lurgy we ask that you do not attend your class. These bugs are highly contagious and when in such close proximity to each other it is easy to pass them on to your neighbours. If you have a persistent cough, please bring water and cough lozenges.

### Prepays due to expire

Please note that if you bought prepays at the end of last year they are due to expire at the end of June. We have over 45 classes to choose from at our 3 branches, so there is bound to be a convenient class for you to attend. Bookings can be made at Stirling or Parkside.

# Monthly Update

## Issue 13 June 2008

### Littlehampton

We are pleased to announce that **Annie Ayres** will be starting Mat classes and consulting at Littlehampton from 14 July. She will be there Monday afternoon/evenings and Tuesday mornings.

Annie is one of our most highly qualified Pilates physiotherapists. Having just completed her Diploma in Professional Pilates Practice she has a very keen eye for technique!

We strongly recommend you book in to see Annie for a Pilates 1:1 to go through any technique questions or for tips to improve your quality of movement. These 1:1s take 45 minutes and are claimable with Health Funds provided you have Physiotherapy Extras.

To make physiotherapy/Pilates 1:1 bookings with Rachel or Annie or to attend their Mat classes in the Littlehampton studio, please call our Stirling branch or Rachel on 0423 742 200.

*These classes will be taught by Annie Ayres.*

**Monday:** 6.30pm Gentle  
7.45pm Beginners

**Tuesday** 9.15am Gentle  
10.30am Intermediate

## Class Updates

### Beginners Courses

The next Beginners Course dates for 2008 are:

**STIRLING** Wednesday 6.30pm **2 July – 30 July**  
(run by Annie)

**PARKSIDE** Thursday 7.45pm **24 July – 21 August** (run by Rachel)

**LITTLEHAMPTON** Monday 7.45pm **21 July – 18 August** (run by Annie)

## Staff

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- We are sad to say farewell to **Vic Bone**, one of our Admin staff based mainly at Parkside. She has moved on to an administrative role in Aged Care a little closer to her home at Hallett Cove. We wish her all the very best for the future!
- We would like to warmly welcome **Raffaella Oke** who will be taking over Vic's position. Raffaella is a Hills person, based in Macclesfield so she will certainly be no stranger to some of our Stirling clients. She brings with her a wealth of IT experience which will no doubt help us immensely with our new computer system!
- **Becky Granger**, our permanent holiday cover physiotherapist has settled in very well, with many clients wishing they could see her more often! Becky will be filling in for Ellie when she goes away for a couple of weeks in June. She will predominantly be based at Parkside during this time but will also be working on Mon 16 June at Stirling if you would like to see her for physio treatment or to try a session of acupuncture. A comprehensive biography of Becky's many talents is available at Stirling and Parkside.
- **Rachel Combe** gave a 3 hour lecture about Postural Assessment and Faulty Postures for the students of the Melissa Laing Pilates Program at the start of this month.

### Product of the Month

#### 50 % off Pilates Pants and T-shirts

Be kitted out in our lovely butterfly logo! Comfortable and yet flattering. Great to wear to your Pilates classes.

**\$15 – T-Shirt / \$20 – pants**

## News & Views

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**Vanessa Tesanovic, one of our physiotherapists, was lucky enough to attend the 5<sup>th</sup> International Polestar Pilates Conference in Germany last month. She shares her experience with us:**

I spent 3 days at the start of May in Cologne, Germany at the International Polestar Pilates Conference attended by over 200 people. The theme of the conference was "Pilates is coming home" due to the fact Joseph Pilates was born about half an hour away from the venue. We even had the pleasant surprise of meeting one of his relatives!

One of the highlights of the conference was meeting Brent Anderson, the founder and director of Polestar Pilates. He was an inspiring speaker and I was fortunate enough to also attend a class of his. His enthusiasm is infectious. As well as lectures, workshops and movement classes the conference included a research forum. This research is vital as these days it is becoming increasingly necessary for us to prove the efficacy of any methods we use. The research presented showed that Pilates improved many physical outcomes as we would expect but also had a positive influence on our emotional health. An outcome that has been shown repeatedly is that Pilates increases vitality. Nice to know that science can now qualify and prove what that uplifting feeling is following a class!

It was a wonderful experience to meet and connect with people from all over the world who share a common interest in their passion for Pilates.

**So until next month,  
Stay Proactive!**

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