



physiotherapy pilates proactive

freedom of movement...body and mind

Welcome

Welcome to our May/June Newsletter. Autumn is in full flight – bright sunny days and crisp cold nights. For those of you who don't live in the Hills, it is worth driving up to see beautiful Stirling; with every shade of colour represented on the tree leaves, nature certainly seems to be showing off! We are almost half way through the year now, so do your body a favour and book in to some Pilates classes.

Dates to Remember.....

Friday 24 July 6.30 – 8.30pm

We invite you to join us at the Stirling Studio for our 5th Annual Wine and Cheese Night. These evenings are always a wonderful get together for clients and staff. We provide the wine and yummy platters of cheese and nibbles, so all you need to do is turn up! Please RSVP to Reception for catering purposes.

Class Updates

Beginners Courses

This year we have introduced an Initial Physiotherapy Consultation for those wishing to enrol in a 5-week Beginners Course.

The next Beginners Course dates for 2009 are:

STIRLING

Wednesday 7.45pm **3 June – 1 July** and **22 July – 19 August** (run by Annie)

PARKSIDE

Thursday 7.45pm **4 June – 2 July** and **23 July – 20 August** (run by Vanessa Hemer)

LITTLEHAMPTON

Monday 7.45pm **20 July – 17 August** (run by Annie)

Monthly Update

Issue 22 May/June 2009

Client Notice Board

Monthly Special

For the months of May and June, we are offering 2 CDs of your choice for the price of 1 (\$30). Mention this newsletter to receive your special offer.

Recorded by Rachel Combe, the Pilates Proactive CDs include exercises for every ability level. The five CDs are: Beginners, Gentle, Intermediate, Trim & Toned and Pregnancy & Post



Natal. They have been designed to be used in conjunction with your classes as an extra workout to do at home.

New Classes at Parkside

Based on high demand, we have introduced two new Mat classes at Parkside:

- Friday 9.15am – Early Intermediate
- Saturday 8.30am – Intermediate

Please also note the time change for:

- Tuesday 6.45pm – Gentle (not 7pm)

New Clothing

Watch this space! We are planning some lovely new winter Pilates items in time for those colder months. We can't tell you much yet, but we are sure you will love what we are planning!

Prepay Expiry

All Prepays purchased now have a 4 month expiry date.

Colds and Flu

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. Please give as much notice as possible when cancelling classes. If calling after hours leave a message so we can call someone on the reserve list.

Studio and Rooms for Lease

Do you know of anyone who would be interested in hiring any of our studios or treatment rooms on a regular basis? We are offering all three studios at the following times:

- Fridays – 7pm onwards
- Saturdays – 1pm onwards
- Sundays – all day/evening

Rates are competitive. Rooms would be suitable for massage or other therapy and the studio would be suitable for yoga, Feldenkrais, meditation or even small talks/seminars. Please contact Rachel on 0422 087 214 for further details.

Staff

- **Annie** will be heading off to Sydney later this month to attend 3 Pilates Workshops run by the President of Polestar International, Brent Anderson. With workshop titles such as Finding Internal Peace, Differentiating Strategy Vs Structure and Thoracic and Lumbar Manipulations for Manual Therapists, Annie is bound to come back with many new ideas!

News and Views

WARNING TO WOMEN!

You've heard about people who have been abducted and had their kidneys removed by black-market organ thieves.

My thighs were stolen from me during the night a few years ago. I went to sleep and woke up with someone else's thighs.

It was just that quick. The replacements had the texture of cooked oatmeal. Whose thighs were these and what happened to mine? I spent the entire summer looking for my thighs. Finally, hurt and angry, I resigned myself to living out my life in jeans.

My bum was next. I knew it was the same gang, because they took pains to match my new rear-end to the thighs they had stuck me with earlier. But my new bum was attached at least three inches lower than my original! I realized I'd have to give up my jeans in favour of long skirts.

Two years ago I realized my arms had been switched. One morning I was drying my hair and was horrified to see the flesh of my upper arm swing to and fro with the motion of the hairbrush. This was really getting scary - my body was being replaced one section at a time.

What could they do to me next?

When my poor neck suddenly disappeared and was replaced with a turkey neck, I decided to tell my story. Women of the world wake up and smell the coffee! Those 'plastic' surgeons are using REAL replacement body parts -stolen from you and me! The next time someone you know has something 'lifted', look again - was it lifted from you?

THIS IS NOT A HOAX. This is happening to women everywhere every night.

WARN YOUR FRIENDS!

P.S. Last year I thought someone had stolen my boobs. I was lying in bed and they were gone! But when I jumped out of bed, I was relieved to see that they had just been hiding in my armpits as I slept. Now I keep them hidden in my waistband.

Thought this was too 'important' not to pass on
Have a wonderful day - with a joy filled heart.

BTW - These same thieves come in my closet and shrank my clothes! How do they do it?

Thanks to client, **Sharon Dal Collo** for forwarding this to us and brightening our day!

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