

Welcome to our October Newsletter. Daylight savings has arrived and while the nights are still cool, the sun is at last shining again. With more classes now to choose from, why not book in for a few extra Pilates sessions this Spring.

#### Dates to Remember

Friday 11 December – Christmas Drinks

Clients from all practices are invited to join us for a glass of bubbly and nibbles at our Parkside studio from 6.30-8pm.

#### CLASS UPDATES

##### New Classes

Starting the week beginning 12 October, the following new classes will be running:

##### *Parkside*

- Monday 9.15am – Intermediate
- Tuesday 5.45pm – Gentle
- Friday 5.30pm – Early Inter

Please note that the Thursday morning Intermediate class now starts at 9.15 rather than 9.30

##### *Stirling*

- Wednesday 9.15am – Early Inter
- Wednesday 11.30am – GES
- Wednesday 4pm – GES

Please note we will no longer be running the 9.15am or 1pm GES on Wednesdays

##### *Littlehampton*

- Thursday 6.30pm – Gentle

Please note that the Tuesday morning class is no longer running at Littlehampton.

#### Beginners Courses

An Initial Physiotherapy Consultation is required for those wishing to enrol in a Beginners Course. The final Beginners Course dates for 2009 are:

#### STIRLING

Wednesday 7.45pm 14 October – 11 November and 18 November – 16 December

#### PARKSIDE

Thursday 7.45pm 15 October – 12 November and 19 November – 17 December.

#### LITTLEHAMPTON

Thursday 6.30pm 15 October – 12 November and 19 November – 17 December

#### CLIENT NOTICE BOARD

##### Photography

Recently staff at PPP had publicity photos taken by freelance photographer, **Tamika Lee**. She did a great job and made us all feel comfortable and relaxed!

*Tamika Lee Photography is a personally run business, driven by passion and love, that captures those moments in time that reflect the greatness of life. My style is natural, honest and soulful. I photograph all types of people, from those new to this world through to the young at heart. I can also do your Wedding Day. My shoot is always personalised to your needs, as your photos are all about you! For more information about a photography session please contact me.*

**T:** 0438 252 185

**E:** [tamika@tamikaleephotography.com](mailto:tamika@tamikaleephotography.com)

**W:** [www.tamikaleephotography.com](http://www.tamikaleephotography.com)

\*If you mention Physiotherapy Pilates Proactive when you inquire, I will gladly offer 25% off your photography session fee\*

### SOUNDING 1 Workshop

**Pen Housman** will be running a Sounding workshop on Sunday 25 October at our Stirling practice.

*Using Tibetan and Crystal Bowls with Drumming to calm our minds and relax our bodies.*

*“The singing bowls act as a medium in which our inner chaos and conflict can be reconfigured into a harmonious sense of calm and centeredness that resonates through every cell of our body and mind.” (The Healing Power of Sound by Mitchell L. Gaynor, M.D.)*

What are some of the benefits Sounding bring us?

- Our minds and bodies relax.
- We become released from our incessantly chattering minds.
- Tensions begin to melt away.
- Our stress levels start to go down.
- Our breathing becomes deeper and our nervous system is able to let go of some of its anxiety.

The day will provide a gentle introduction to the cleansing and relaxing nature of the bowls and the drum. There will be guided meditations with breaks throughout the day for tea and lunch.

Pen has run many of these workshops and hosts a monthly gathering for people to come along and experience the beautiful sounds of the bowls and drum.

The workshop has a maximum of 10 places.

**Time:** 10am – 4pm

**Cost:** \$60

### The Divine Dragonfly

Now consulting at our Parkside practice on Saturday afternoons is **Sharon Muscet**. Sharon is a qualified and highly recommended Energy Healer and specialist in a range of therapies including reiki, numerology, meditation and counselling. Her complementary therapy provides a professional and alternative option for people who prefer a holistic

approach to their health and wellness. Energy healing is gentle and non-invasive; it aids in clearing, repairing and balancing disharmony in the body and enhancing its natural ability to heal itself.

If you would like more information visit [www.thedivinedragonfly.com.au](http://www.thedivinedragonfly.com.au), or call Sharon directly on 0417 800 548.

So until next month, stay proactive!