

In this
Autumn
Issue



Term 2
Dates
and
Fees

I beg your
pardon?



HOLIDAY MAT CLASS
REGISTRATIONS
OPEN

NEWSLETTER

It has been a challenging term!

Some health challenges for me this term, a bout of BPV (vertigo) lasting several weeks, topped off with being the first people we personally knew to contract Covid! The good thing about the isolation period is it forced us to rest, which I feel helped us to experience milder symptoms. I think perhaps without that enforcement many of us would just carry on to our detriment. A big thank you to our wonderfully supportive teachers Maren, Lisa, Jess and Hannah, who all stepped up to help cover most of our classes. And for all the concern and well wishes we received from so many of you, we were feeling the love, thank you. Many thanks for the generosity of spirit we received for the classes we did have to cancel, thank you for those that gifted these back to us and for those of you who have already caught up your missed class. Please feel free to deduct your cancelled class from your coming Terms fee if it is not possible for you to catch up.

Again we have some Covid protocol changes.

From Tuesday 5th April you are no longer required to scan into the building but the mask requirements remain the same. We will no longer require vaccine passes, I think most of you are feeling safe in your class bubbles and we don't anticipate these changing dramatically, and will keep the situation monitored. My information is that masks do make a big difference so please wear them for greater protection if you wish. Our air purifiers are working well and we will be upping the use as the weather turns colder. We will continue with the spray down after classes

and encourage hand washing/ sanitising before and after classes for added protection.

When Dave tested positive on the Wednesday evening it meant he would have been infectious teaching classes on the Tuesday morning, it was heartening that we didn't hear of anyone in these classes becoming unwell, even a Private 1:1 student working in relatively close proximity, this means the protocols we have in place at the studio are working, lets keep them up!

Studio News

Holiday Classes

We have a great selection of classes for those of you who wish to continue your class practice over the holiday break.

WEEK ONE

19th Tuesday 12.30pm Open Maren
20th Wednesday noon Open Hannah
21st Thursday 5.30pm Open Hannah
22nd Friday 9.45am Over 50's Maren
22nd Friday 12.15pm Open Maren

WEEK TWO

26th Tues 12.30pm Open Maren
27th Wednesday noon Open Hannah
29th Friday 9.45am Ov 50's Maren
29th Friday 12.15pm Open Maren

The classes are limited to 12 people and cost \$19 each, registration accepted with payment before Thursday 14th April. Please register at reception, or txt or email me. Classes subject to enrolment.

Congratulations

To Jay van der Reijden who won our end of year raffle. Jay is a dedicated student who can be found in the studio 3 or 4 times a week.

We were thrilled to donate \$500 to the Cancer Society on behalf of Pilates Nelson, thank you for supporting such a good cause.



A Great Thanks

To our late student Terry Johnson who initiated the Trademarking process for us, and to his lovely wife Annette who completed the final stages for us, we are now proudly a Trademarked business with our certificate up on the wall!

Barre Fitness Classes

The Barre Fitness classes introduced this term have made a great addition to the timetable. Feedback has been that the classes are challenging and fun and Hannah is a wonderful and experienced teacher providing options for people building into the fitness required. So if you're looking for something new and challenging to improve cardiovascular fitness and stamina this is the class for you, **Wednesdays at 9am and a new time of Thursday at 4.30pm**. Please let me know if you'd like to try the class.

"...I'm loving the barre class. A mix of pilates, ballet and cardio. I love the challenge of it and I am so happy the class can work for young and older bones!..." Sally

"...not having done dance before, I was unsure, however Hannah was welcoming regardless of age, stage or co-ordination level. We were encouraged to take things at our own pace. The warm up gets the heart rate up using hand weights, before moving on to barre exercises based on ballet positions and using balls to help technique. The glutes, quads and arms all get a fabulous workout, and it is high cardio, all done to upbeat music. Floorwork includes core and strength exercises similar to traditional pilates, and the class finishes with a lovely stretch. I feel I am getting stronger every week and I highly recommend the class, if you're looking for something a little different, give it a go!..."

Anna

Interesting Article

Below is a link to an interesting article originally published in the New York Times, but is available below free from the Irish Times. The article was brought to my attention by a student and is informative about what is required to navigate lower back pain. If you have a few minutes to read it you may well feel happy with your choice of pilates as a regular practice in your life.

<https://www.irishtimes.com/life-and-style/health-family/how-simple-exercises-may-ease-lower-back-pain-1.4818470>

TERM 2 DATES & FEES

TERM 1 FINISHES ON THURSDAY 14 TH APRIL,
THERE ARE NO CLASSES EASTER WEEKEND

TERM 2 BEGINS MONDAY 2ND MAY & FINISHES SATURDAY 9TH JULY

THE TERM IS 10 WEEKS AND THERE ARE 2 PUBLIC HOLIDAYS
QUEENS BIRTHDAY MONDAY 6TH JUNE & MATARIKI FRIDAY 24 TH JUNE
THERE WILL BE NO SATURDAY CLASSES THESE WEEKENDS

PLEASE READ CAREFULLY FOR TERM FEES


MONDAY & FRIDAY CLASSES 9 WEEK TERM \$171
TUESDAY, WEDNESDAY & THURSDAY CLASSES 10 WEEK TERM \$190
SATURDAY CLASS 8 WEEK TERM \$152


CASUAL PILATES CLASSES \$23


STRETCH, RELEASE & RELAX CLASS IS \$153 FOR 9 WEEKS
AND \$19 CASUALLY

** To guarantee your preferred class place for next Term please let us know your intentions as soon as possible**

 THANK YOU

 we really appreciate you bringing your own hand towel to class, it helps keep the laundry down and is good for the planet!

 we really appreciate you letting us know in good time if you are going to be absent from class, this allows us to include casual students looking for a class and reciprocally allows us to include students looking to catch up a missed class

 we have really appreciated your consideration in staying away from the studio when feeling unwell, please keep this up as we head into the winter terms.

I beg your Pardon?

Speaking recently to a couple of our students regarding their hearing loss has spurred me on to shine a light on this important subject within our studio. Mask wearing has also highlighted the problem and I personally was shocked by how much I found I relied on reading peoples lips to follow a conversation. I have also noticed wearing glasses seems to rein in my peripheral vision and I notice a few women with hairdos that fall across their face especially in prone (downward facing) positions add a visual loss to a hearing loss exacerbating the problem. This I find leads to falling into rote patterns of movement and not fully able to engage in the moment subtiles of the learning experience, and often results in people looking to their neighbours in class to glean clues as to what is being asked. Unaddressed hearing loss can also put you at risk of further consequences such as depression through social isolation and cognitive decline.

Below is a little interview with a couple of our students who have been through the process of addressing this issue, my thanks to them for their contribution.

-If you don't mind, please state your present age and what age you were when you became aware in a real sense of your hearing loss?

B.I am 53yrs old and probably noticed a decline in hearing about 10-15 years ago

J.I am 66 years old.

-Was it you or others close to you that noticed your hearing loss first?

B.Others and myself noticed hearing loss

J. My family for the past few years have called me 'Old Mrs Deaf Ears' - the same name I called my lovely mother!

-Did your hearing loss make you feel insular or have a sense of disconnection from what was going on around you?

B.More that people were irritated that I was asking them to repeat themselves.

J. Disconnection, but the main factors that pushed me to do something about it was that I could not hear my grandchildren, or birds - it is such a treat now to talk to my family, without the constant 'pardon' and to hear the birds. My family are delighted also, just the other day my daughter said to me, 'mum, it is so great you hear us with a big smile on her face

- Did you find that having to concentrate so hard on what people were saying made you tired to the point of tuning out or needing to take a break?

B. Yes

J. It did, but not until I got my hearing aids, did I realise how much I was lip reading when people spoke to me. I also got a little tired of answering a question, incorrectly! Goodness knows what I use to say to people who were too polite not to question my answer!

-Once you had your hearing aids do you regret not getting them sooner?

B. I got for one ear pretty quickly and then for the other ear a few years later.

J. No, I was just grateful I had taken that step. One thing I did do, was go to x3 audiologists before deciding on the one I chose. My doctor and ear specialist both said to take the time to choose someone I had rapport with. They said it was like choosing your doctor or dentist, someone you trust.

-If so what stopped you from addressing your hearing loss?

B. I wanted the very small ones that fit in your ear - not cheap

-Because pilates teaching involves demonstration as well as verbal cues, did you initially find it more difficult to follow because you couldn't always read lips or rely on a demonstration in front of you?

B. Dave is very good at speaking clearly - if I do miss an instruction I watch to see what the other students are doing (or Dave sees I'm doing it wrong and repeats his instruction)

J. Most definitely, and I know I often did the opposite you asked. Poor you Kate. I would correct myself by looking at my neighbour and then realise what you had instructed us to do!!!

-Have you found your relationships with family and friends improved as a result of wearing your hearing aids?

It definitely makes life easier/more pleasant not straining to hear all the time, though sometimes large gatherings are too noisy which is also tiring. But the positives outweigh the negatives.

J. Yes, as above.

-As you have become more familiar with the pilates repertoire and the resonance of your teachers voice, has pilates become more satisfying and enjoyable?

B. Dave has always projected his voice well for my aids to register him.

J. Yes, most definitely. I don't have to focus on listening, but to actually enjoy the moment, and concentrate on improving my pilates movements.

B. In general - because hearing loss is an invisible disability I find people are not very caring or considerate about conversing with a person with hearing loss (rude comments like 'have you got your hearing aid in', 'turn up the volume', 'doesn't matter' when you ask for someone to repeat themselves), people would never be so rude to someone in a wheelchair - you'd never hear 'why are you going so slow, are your tires flat'? Hearing aids to a large extent remove this invisible disability, I now find when people try to blame me for not hearing and asking them to repeat themselves sometimes it can be attributed to them mumbling or being impolite themselves by not looking at you directly when talking.

On the major plus side - when I hear something I don't want to hear, or can't be bothered with (usually from husband hahaha) I say "Excuse me while I take my hearing aids out" :)

A great thanks to you all for your commitment to your Pilates practice in these trying times as we continue to navigate the virus. Keeping our practice up in times of stress is a great physical release, that helps us to centre and relax ourselves though focus and breathing.

We look forward to seeing you back in the new term refreshed and reinvigorated. Please remember to confirm your classes.

Kate and Dave

