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GIVE TO WIN
HOSPICE
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NEWSLETTER

Below is a nice explanation on the importance of the Pilates diaphragmatic breath we use for strengthening and mobility by Dr Sarah Duvall, a Doctorate in Physical Therapy and a Bachelor in Rehabilitation Science.

“All joints and tissues function more optimally when they have the ability to fully shorten and lengthen. Equal range in either direction allows the tissue to have a more centred “neutral” position and more movement options available.

If tissue lives in an overly lengthened position, it can have a hard time gaining traction to compress (eg weak abs)

You can do core work to decrease the length in the front, but if you aren’t matching it with expanding areas that lengthen as well in the back, this can result in an all-or-nothing bracing strategy. You can either breathe or you can brace, but you can’t do both.

The ability to breathe under a brace means functional and dynamic core strength. Being able to keep some tension in the front but still have an area for the breath to expand allows the abs to eccentrically lengthen, have a more balanced brace, and dynamically move.

Looking at a toe touch can help you see which areas need more expansion. Instead of just looking at hamstring length, you can think of it as the ability for the entire back side of the body (including the rib cage and pelvis) to expand and lengthen.

The end result should make strengthening easier to progress, rather than being in an internal tug of war with yourself.”

Many of you will have seen Dave demonstrating the toe touch in class with the core and breath connection for a more dynamic full body stretch as compared to a hamstring stretch.

If you relate, the toe touch to the roll up exercise it is the same shape in space, you’re just sitting/lying instead of standing/bending. Learning to breath with a dynamic core will make your roll up successful with the eccentric lengthening of the core and back muscles, compared to the hold the breath, brace and throw the body weight strategy (the humpf!) Our mission if you choose to accept it is to to get you over the humpf!



Studio News

Christmas Raffle for Hospice

Our popular annual Christmas fundraiser for the Hospice Charity gives you the opportunity to give a little back to this great cause and also to win yourself a **free Term of Pilates Classes**, a **Private Training session** (where you can address any questions to do with your pilates practice, or just experience the equipment) or a **Foam Roller** (a fantastic way to realign yourself at the end of your day). Tickets are \$5 each, please bring cash (we

don't want to pay GST on your donation 😊), tickets are limited to 200 and available from Monday 5th Dec and drawn on Saturday 17th Dec. Winners will be notified immediately by email.



New videos for home practice

We are endeavouring to get a few more shorter video “snacks” up on the website for you to use over the holiday break. Often in our home environments it's easier to commit to 20 or 30 minutes than find a full hour. If you're a bit lost for inspiration for your home practice sign up on the Members Videos page. If you are paying online please remember to text me to let me know you've paid so I can click you through. There are also other useful classes like a Stretch and release, Swissball, and videos made by other instructors for a bit of variety!



Pelvic Floor Workshop with Maren Fritsche

Due to popular demand Maren is running this workshop again on

SATURDAY 28TH JANUARY 3.30-5pm @Pilates Nelson

Please contact Maren 0224570027 marenfritsche85@gmail.com

Thank you!

Thank you very much to the classes that so very willingly participated in the filming of our new website video and for the testimonials, we are thrilled with the results and will be updating our website in January as we rejig things for next year.

TERM 1 2023 DATES & FEES

TERM 4 ENDS SATURDAY 17th DEC 🎉

TERM 1 2023 BEGINS

Tuesday 7th Feb as Monday 6th is a public holiday

THE TERM IS 9 WEEKS,

EXCEPT MONDAY (WAITANGI) & FRIDAY & SATURDAY (EASTER) CLASSES WILL BE 8 WEEKS

***THE FEES ARE \$171 FOR THE 9 WEEK TERM
*AND \$152 FOR MONDAY, FRIDAY & SATURDAY CLASSES**

CASUAL PILATES CLASSES \$23 SUBJECT TO SPACE

STRETCH, RELEASE & RELAX CLASS MONDAY 7-8PM
\$136 FOR 8 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

😊 Thank you for 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 reciprocally allows us to include students looking to catch up a missed class and allows us to include casual students looking for a class

😊 we have really appreciated your consideration in staying away from the studio when feeling unwell, please keep this up to keep illness down in our pilates community

I love the spring term when the light returns for the Earlybird classes and I can leave my car at home in the evenings and walk home in the light. Dave and I are looking forward to spending time with family over Christmas and walking the Queen Charlotte track in January.

Thank you to our Teachers.

And thank you all for the wonderful work you've done for your bodies this year, it gives us great pleasure to watch your progress and see you work through life's challenges with the support a Pilates practice brings.

Have a lovely summer break and a very merry Christmas, we look forward to seeing you back in February.

Kate and Dave

