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AUTUMN ISSUE



Term 2  
2023  
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# NEWSLETTER

A Blog I've been following for a few years is the 3-2-1-Newsletter by American James Clear who is a writer and speaker focused on habits, decision making, and continuous improvement.

This weeks newsletter I found to be very topical to our Pilates philosophy.

## **I."Focus starts with elimination, improves with concentration, and compounds with continuation."**

-To me this means eliminating as many distractions from your practice as possible. Arrive early so you feel relaxed and settled when class begins. Focus on the transitions between exercises as well as the exercises themselves, so your class becomes seamless, this improves or compounds as your concentration "muscle" develops by practising staying focused.

One way to stay focused to to concentrate on your breath to your core and try to eliminate outside thoughts, focusing instead on what you hear and feel from the instruction. This way you will get the most from your pilates and your mind will feel as refreshed as your body after class.

## **II."Self care takes effort. It doesn't just happen.**

**The body and mind need to be maintained. Similar to a garden, without effort, weeds will pop up and overtake everything.**

**With a bit of consistent pruning, the results can be beautiful."**

- Treasure your self care, make your health and wellbeing your priority by consistently showing up for maintenance, it isn't selfish to prioritise yourself, because without that effort we can't be our best selves for our own lives or for those who rely on us.

## **III."The connective tissue between your failures and your successes is the lessons you learn along the way.**

**It is only by going through your early attempts (usually failures in some form) that you accumulate the insights, skills, and understanding required for success.**

**Everything is a lesson. Learn enough lessons and the failures become useful."**

-Everything improves with practice. There are exercises in the Pilates repertoire that have taken me years to unravel and fully understand and embody, often the exercises we least enjoy are the great teachers for what our body needs most.

# Studio News

## Christmas Raffle for Hospice

Our popular annual Christmas fundraiser for the Hospice Charity was a great success and thanks to your generosity we were able to donate \$714 on the 19th of December.



**1st prize of a free Term of Pilates Classes** went to Patsy Anderson from the Tuesday Earlybird and Wednesday noon classes. Patsy had already paid her Term fees and very kindly donated her prize back to the studio and we were happy to be able to sponsor a student on a low income struggling to pay fees. Thank you Patsy.

**2nd Prize of a Private Training session** went to Lyndy Wilkinson of the Thursday 9.30am class, congratulations Lyndy, we hope you can book in for that session soon!

**3rd Prize of a Foam Roller** went to Marcia Mahutu of the Tuesday 10.15am class, congratulations Marcia, we know you'll be making good use of your roller at home, such a useful and versatile piece of equipment (I think we should all be presented with them at birth!)

## Workshops with Maren Fritsche

Maren is away overseas from May for 3 months, upon her return she is happy to schedule in some workshops. If you missed out on the 2 Pelvic Floor workshops last year, please get in touch with Maren to register your interest. Or if you'd like a workshop on a specific topic, eg Neck and shoulders, or Managing lower back pain, or Feet as examples please contact Maren.

Maren Fritsche 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 testimonials, we are thrilled with the results and the new updated website is up and running, check it out if you haven't visited recently [www.pilatesnelson.co.nz](http://www.pilatesnelson.co.nz)

## HOLIDAY CLASSES

We have several classes on offer over the holiday break if you'd like to keep your practice going, classes will be subject to enrolments and payment of \$19/ class must be received before the last day of Term Thurs 6th April please.

**Jess Hannah will teach**

**Wednesdays 10.30-11.30 Over 50's, and 12.05-12.55 Open**

**Fridays 11-12pm Over 50's and 12-1pm Open**

## Beacon PBM light therapy

As the wellness industry continues to grow, more and more people are looking for innovative ways to enhance their physical and mental health. In response to this demand, we are thrilled to announce the introduction of red light and near infrared light therapy to Pilates Nelson. Our state of the art Mitogen full body light therapy pod is the first in the Top of the South!

Red light and near infrared light therapy involve the use of low-level wavelengths of light to stimulate the body's natural healing processes. This therapy has been shown to improve skin health, reduce inflammation and pain, promote muscle recovery, and even to enhance mood and cognitive function.

We will be offering this therapy in conjunction with our Pilates classes, creating a holistic wellness package where clients can benefit from the healing powers of red light and near infrared light therapy before or after their Pilates session, allowing them to enhance the benefits of their workouts.

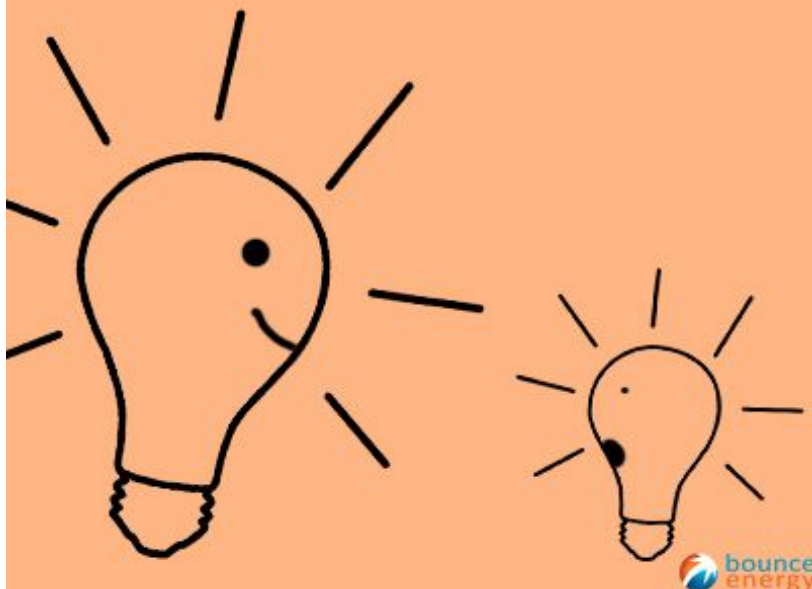
We believe that by incorporating red light and near infrared light therapy into our business model, we can help our clients to achieve optimal health and wellness naturally.

We are excited to be at the forefront of this innovative wellness technology and when our Pod arrives from overseas our Beacon website and booking platform are ready and will go live.

We look forward to sharing the transformative effects of combining exercise and light therapy with you early in the new Term!



What did the baby light bulb say to the  
mama light bulb?  
"I love you watts and watts!"



## TERM 2 2023 DATES & FEES

TERM 1 ENDS THURSDAY 6TH APRIL (BEFORE EASTER)

**PLEASE READ THE DATES & FEES BELOW CAREFULLY AS THEY VARY DEPENDING ON YOUR CLASS**

**TERM 2 BEGINS**

**WEDNESDAY 26TH APRIL** as Tues 25th is ANZAC Day a public holiday

**THE TERM IS 10 WEEKS **Because** of the later start of the first week of Term and because of Kings Birthday weekend 3-5th June**

**MONDAY CLASSES WILL BE AN 8 WEEK TERM PILATES \$152**


**TUESDAY (ANZAC) AND SATURDAY (KINGS BIRTHDAY) ARE 9 WEEK TERMS \$171**


**ALL OTHER CLASSES ON WEDNESDAYS, THURSDAYS AND FRIDAYS ARE 10 WEEKS \$190**


**CASUAL PILATES CLASSES ARE \$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** 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



Happy Easter everybody, we hope you enjoy the break and the settled Autumn weather and light again in the morning for awhile as daylight savings comes to an end.

We are hoping to get over to Golden Bay for a few days and to spend time with family and enjoy our evenings at home!

Thank you for your commitment to your pilates practice, keep it up as we head into the cooler months to keep your body strong, mobile and relaxed.

We look forward to seeing you all in the new term.

*Aroha nui*

*Kate and Dave*

