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WINTER ISSUE



Term 3
2023
Dates
and fees



NEWSLETTER



e have a lot to celebrate.

Apart from the passing of the shortest day, which is always a psychological boost to my spirits, and alongside the contemplation time of Matariki ✨, we celebrate our **Pilates Nelson 10 year anniversary** 🎉

We opened our Hardy Street Studio in July 2013, and over the years what we have come to value the most, is the sense of community wellbeing that radiates out from our classes. Watching as our students develop or regain confidence in their bodies through Pilates practice or watching the practice help with resilience during the tougher times. We love the laughter and happy chatting we hear before and after classes and celebrate in all the progress we see in your practice and the difference that makes to your lives. We appreciate the relationships we've formed with you, some over many years. Our students are our studio and we celebrate you. If you would like to join us at the Free House in Collingwood Street on Sunday 2nd July between 2-4pm we'd be happy to buy you a drink and celebrate with you 🍷

Studio News



While the Pilates Studio took me 3 months to manifest at our Hardy Street premises, our latest addition to our business of Beacon PBM Light Therapy has taken us a year to create.

We were in Wellington last year for the Matariki waterfront festival and drove up to Paekakariki to experience our first full body Red Light Therapy session. We had been intrigued by the difference it was making to our daughter and her wellbeing, and wanted to experience it for ourselves. Consequentially we did our research on benefits of the therapy and decided we wanted to have those benefits available on a regular basis for our wellbeing and it also seemed a good fit alongside our Pilates teaching.

We researched what was available on the national and international market and decided to go with an Australian model being used in a clinic in Auckland that was up with the latest LED specs and developments in red and near infra red light application. The process was drawn out by the hit Covid took on international manufacturing and shipping, but good things are worth waiting for and we are now very happy to be up and running with our beautiful pod and experiencing the positive changes the therapy is bringing to ourselves. We are happy to be able to make this available to our students and the wider Nelson community. For more information please see www.beaconlight.nz

WELLNESS PACKAGE \$690

Especially for our Pilates students who would like a winter wellness boost, we have created our best rate.

The package includes an Intro PBM Light therapy session (health screening, pod orientation and goggles), 2 PBM sessions and one pilates class per week for the 10 week Term.

**Please note the order below

1. confirm your pilates class for Term 3
2. book an introductory PBM session on www.beaconlight.nz before
3. booking the wellness package option.

Holiday classes

These holidays we are all taking a break, and we look forward to seeing you again in the new term beginning Monday 17th July.

TERM 3 2023 DATES & FEES

TERM 2 ENDS SATURDAY 1ST JULY & TERM 3 BEGINS
MONDAY 17TH JULY - SAT 23RD SEPTEMBER

THE TERM IS 10 WEEKS & THE TERM FEE IS \$190/CLASS

CASUAL PILATES CLASSES \$23 SUBJECT TO SPACE

STRETCH, RELEASE & RELAX CLASS MONDAY 7-8PM
\$170 OR \$19 CASUALLY

WINTER BOOST WELLNESS PACKAGE \$690
-1 CLASS & 2 PBM/WEEK FOR 10 WEEKS

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

After a very busy time, we are anticipating a rest and a week away on the East Coast, we look forward to lying in an outdoor bath contemplating the Matariki stars and enjoying the warmth of a log fire...bliss.

Thank you all for your dedication to your Pilates practice and Pilates Nelson, we hope to be here for you for another 10 years!

We look forward to seeing you for Term 3,

Love and light, and movement for life,

Kate and Dave

