

IN THIS
SPRING ISSUE



**RESET,
REFOCUS,
READJUST,
RESTART,**
AS MANY TIMES
AS YOU NEED TO.
JUST NEVER GIVE UP

Term 4
2023
Dates
and fees



THE UPDATE

NEWSLETTER

Pilates your weekly reset!

In a world that seems to be moving at an ever increasing pace, finding moments of respite and rejuvenation has become essential for maintaining our physical and mental wellbeing. Pilates provides a sanctuary within which we can recalibrate our bodies and minds. It allows us to shed the weight of our daily responsibilities, even for an hour, and emerge feeling stronger, more flexible, and better equipped to face the challenges ahead.

It's a chance to disconnect from digital distractions, put aside the daily stresses, and reconnect with your body. The deliberate, slow paced movements allow you to be fully present in the moment, creating a sense of mindfulness. The emphasis on controlled movements and precise breathing not only enhances physical fitness but also cultivates mental clarity and concentration. Unlike some high-intensity workouts that can leave you feeling drained and exhausted, Pilates is a mindful practice that leaves you feeling refreshed and energised after each session.

Whether you're recovering from an injury, managing chronic pain, or simply looking to enhance your physical wellbeing, Pilates is a welcoming practice that promotes body positivity and self-acceptance. Pilates is not just an exercise routine; it's a weekly reset that offers physical rejuvenation and mental clarity. It's a reminder to slow down, breathe deeply, and connect with yourself. As we navigate life twists and turns, let Pilates be your sanctuary, your weekly reset that helps you to find balance in an ever-changing world.

Studio News

Cancer Society Daffodil Day Fundraiser

Thank you so much to those who were able to donate to this very worthy cause, although the daffodils were late and scarce this year, we were very happy to raise \$310 from your donations.



As usual we will be selling raffle tickets for our **annual Hospice fundraiser** at the end of Term 4, the tickets will be \$5 with the chance to win your class term fee for Term 1 2024! Let's see if we can improve on the fantastic \$714 we raised last Christmas.

Class Changes

Dave's Thursday Beginners class at 7pm has been going from strength to strength and now has a great group of regular students who are ready to progress and can no longer be called Beginners! This means Thursday 7pm becomes an Open class (intermediate level) for Term 4, we look forward to seeing this group continue to progress.



We are very happy with the many positive changes PBM light therapy is bringing to our clients and ourselves.

We 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

Below are comments from a couple of our Beacon PBM Light Therapy clients.

“I have been having the Beacon Red Light Therapy sessions 2 to 3 times a week over the last 2 and half months and have found it to be hugely beneficial. I suffered from deep gluteal pain in my right buttock that made long walks and hikes very uncomfortable and at times impossible. Red Light Therapy has alleviated this issue to the point that I am relatively pain free when walking. I have also seen an improvement in my skin which was very dry and now feels softer and plumper. I look forward to my 20 minute session as a time to completely relax in a lovely

warm cocoon. It certainly makes for a very happy mood and I totally recommend it.” Pauline F.

“After finishing my latest series of treatments I’m feeling blessed and want to say a BIG Thanks. It’s pretty neat to have the opportunity (here in Nelson), to experience the red-light Pod and to be learning (many pod cast hours later) about the many benefits of light frequencies for our body. For me it has helped with my health, less inflammation/ body aches/ fibromyalgia. I can squat again comfortably, and my skin is definitely feeling better. I have better morning energy and am generally feeling better, experiencing less 'winter blues' this season :) Living with a long term health challenge I’ve looked to natural 'therapies' to assist my bodies regeneration. Red light ticks many boxes for me. I’ll be back for another series again soon. Lying in the Pod feels very pleasant, and is helping me on many levels (visible and non-visible body systems).
Debbie O.

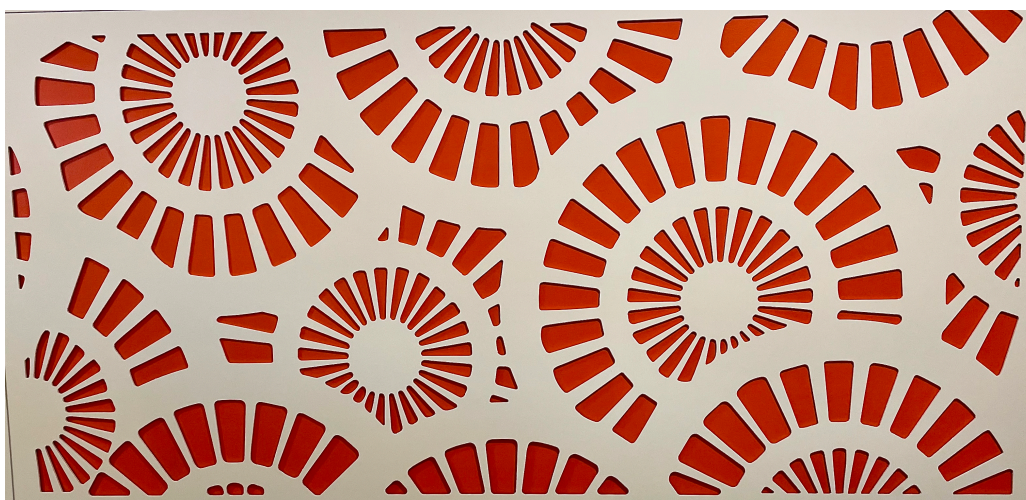
WELLNESS PACKAGE \$690

Especially for our Pilates students who would like a 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 4
2. book an introductory PBM session on www.beaconlight.nz **before**
3. booking the wellness package option.



TERM 4 2023 DATES & FEES

TERM 3 ENDS SATURDAY 23RD SEPT
& TERM 4 BEGINS MONDAY 9TH OCT - SAT 16TH DEC,
WITH LABOUR WEEKEND HOLIDAY SAT 21-MON 23 OCT

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

EXCEPT FOR MON & SAT CLASSES 9 WEEKS \$171

CASUAL PILATES CLASSES \$23 SUBJECT TO SPACE

STRETCH, RELEASE & RELAX CLASS MONDAY 7-8PM
\$153 OR \$19 CASUALLY

WELLNESS PACKAGE \$690 1 CLASS + 2 PBM LIGHT THERAPY
SESSIONS PER 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 from viruses down in our pilates community

Over the break Dave we are looking forward to heading up to Raglan to have a relaxing time with my brother and his family and to explore the area.

We look forward to seeing you all back for Term 4 and enjoying more light for our Earlybird and evening classes as summer approaches 🙌

Thank you all for your dedication to your Pilates practice and Pilates Nelson.

Love and light, and movement for life,

Kate and Dave

