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SUMMER ISSUE



WIN YOUR  
PILATES TERM  
FEE

Term 1  
2024  
Dates  
and fees



HOLIDAY HOURS

# NEWSLETTER

## Balancing Act: Finding Harmony in Movement and Life

A principle that lies at the core of both Pilates and life, is balance.

The art of balance becomes not just a physical exercise but a transformative philosophy.

In Pilates, we are not just sculpting our bodies, we are cultivating a state of equilibrium that extends beyond the studio walls into our everyday lives.

Balance is the essence of mindful movement, and it's not just about standing on one leg or mastering a challenging exercise—it's about finding a harmonious integration of strength, flexibility, and control.

In our Pilates practice, we discover that the quest for physical balance is inseparable from the pursuit of mental and emotional equilibrium. The imbalances we uncover on the mat often mirror those in our lives, offering us an opportunity for introspection and growth.

The intentional synchronisation of breath and movement serves as a reminder that true harmony arises when mind, body, and spirit move as one and then each exercise becomes a delicate interplay of stability and fluidity, strength and grace that doesn't end when we roll up our mats. When we learn to balance on the edge of a movement, we learn to navigate the demands of work, relationships, and personal growth with a centred and grounded approach. Pilates is a guide, teaching us to navigate the intricate tightrope of our daily lives with poise, and becomes a blueprint for graceful living, reminding us that finding balance isn't just a physical pursuit but a way of being.

Pilates teaches us that finding equilibrium is a continuous journey—one that unfolds with each intentional breath, each mindful movement, and each step toward a more balanced and harmonious life.

# Studio News

## HOSPICE CHRISTMAS RAFFLE

Our annual Hospice raffle raises funds towards a wonderful service we are all very grateful for.

It also gives you the chance to **win a free Term of Pilates classes** for Term 1 next year.

Or as the runner up the chance to **experience 5 free Red-light Therapy sessions valued at \$195**

or 3rd prize a **\$100 Pilates Nelson voucher** that can be used towards your fees/private training/or equipment of your choice/red light therapy, or gifted to someone else.

Please support this great service. Tickets are \$5 cash at reception, the raffle will be drawn on the last day of Term and the winners will be notified immediately. Many thanks for your support and good luck to all who have already bought tickets!

## NEW CLASS 75+

As the years roll by some of our “Over 50’s” students whom are now well into their late 70’s, 80’s or approaching 90’s might like to consider a **new 75+ Class opening up next Term on Monday mornings at 10.45am.** We

envisage this modified Pilates class continuing to promote wellbeing with breathing, balance, strength and mobility with a pace and format more suited to some our older students. Please let us know if you are interested and if the numbers are sufficient we will go ahead in February.



## BEACON HOLIDAY HOURS



Our Beacon PBM Light Therapy clients will be happy to know the service continues over the holiday break.

We will be closed for Christmas 25th & 26th Dec and New Year 1st and 2nd January and 3 days Jan 23, 24, 25th for a family event.

Please check out our **price reductions on all services** if you are considering experiencing the wellbeing benefits of Red Light Therapy [beaconlight.nz](http://beaconlight.nz)

My own personal experience of the benefits of Red Light Therapy transpires from the October holiday break. Having arrived in Raglan to spend a week with my brothers family, within the 1st hour on Sunday evening my brother accidentally broke my nose! Luckily the adrenaline of the shock allowed me to reset it myself as I didn't fancy a late night drive to Hamilton to wait in the emergency dept. So I then spent the week developing some lovely panda eyes to go with my swollen nose. When I arrived back in Nelson the following weekend I couldn't wait to get back under the Red Light, and after doing the therapy twice a day for the week I was able to start the Term with virtually no visual evidence of the mishap! The bruising didn't go through all the colours of the rainbow, it just grew smaller and smaller until it disappeared. A perfect example of Red Light Therapy supporting and accelerating the bodies natural healing processes.

## CHRISTMAS GIFT IDEAS

Pilates Nelson gift vouchers are thoughtful gifts and available at reception.

Beacon PBM Light Therapy gift vouchers are also available on the [fresha.com](http://fresha.com) booking system linked from the [beaconlight.nz](http://beaconlight.nz) webpage.

We also have foam rollers, spiky balls, therabands, and overballs for sale.



**TERM 4 ENDS SATURDAY 16th DECEMBER**

## **TERM 1 2024 DATES & FEES**

**TERM 1 2024 BEGINS WEDNESDAY 7TH FEB  
FOLLOWING WAITANGI DAY HOLIDAY AND INCLUDES THE  
EASTER BREAK FRIDAY 29TH MARCH TO TUES 2ND APRIL  
AND TERM 1 ENDS SATURDAY 13TH APRIL**

**PLEASE READ CAREFULLY AS THE TERM FEE VARIES BECAUSE  
OF THE MID WEEK TERM START & EASTER BREAK**

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

**CASUAL PILATES CLASSES \$23 SUBJECT TO SPACE**

**STRETCH, RELEASE & RELAX CLASS MONDAY 7-8PM  
\$138 OR \$20 CASUALLY**

**WELLNESS PACKAGE OF 1 CLASS + 2 PBM LIGHT THERAPY  
SESSIONS PER WEEK FOR 10 WEEKS \$590**

**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

This Christmas we will have the company of 3 of our 4 children home, then Dave and I will walk the Kaikoura Coastal Walk with family, and spend some lovely relaxing time with family at Hapuku and in the Marlborough Sounds.

Thank you all for your dedication to your Pilates practice and Pilates Nelson. Having celebrated 10 years in our current studio this year, we fully appreciate and value how many wonderful loyal long term students we have, our heartfelt thanks to you all - we learn so much from you every week and this informs and strengthens our teaching practice. We look forward to seeing you all back refreshed and ready to go in February!

Wishing you all a very merry Christmas and happy holiday season wherever it may take you ☀️

Love and light, and movement for life,

*Kate and Dave*

WISH LIST

Sanity, beauty, kindness, care  
All so simple if you dare  
Sweet forgiveness, patience, peace,  
Chickens, blackbirds, ducks and geese.  
Trees and flowers, grass and seeds,  
Hands and feet and coloured beads.  
Cups of tea and distant bells  
Clouds and mountains, cooking smells,  
A garden path, a wooden chair,  
Sanity, beauty, kindness, care.

