

IN THIS  
WINTER ISSUE



TEACHING  
SKELETON  
FUNDRAISER

Term 3  
2024  
Dates  
and fees

WINTER BARRE  
HALF PRICE!



# NEWSLETTER

## Creating Connections: The Role of Tensegrity, Recoil, and Community in Pilates Practice

Over the past year or so I've been exploring in my teaching the principles of tensegrity, recoil, and community forming the cornerstones of a transformative practice that extends beyond physical fitness to holistic well-being.

**Tensegrity**, a term coined by architect Buckminster Fuller, describes structural integrity maintained through a balance of tension and compression. In Pilates, this principle manifests in how our bodies achieve stability and mobility. By balancing muscular strength and flexibility, we create a dynamic system where muscles and fascia support our skeletons efficiently. This balance reduces strain and promotes ease of movement, leading to better alignment and overall physical health. Embracing tensegrity in our practice helps us move with grace and efficiency, fostering a deeper mind-body connection.

**Recoil**, another vital and playful principle in Pilates, refers to the body's natural ability to spring back after being stretched. This concept emphasises the importance of elasticity and responsiveness in our muscles and connective tissues. Through controlled, mindful movements, we train our bodies to harness this recoil effect, enhancing our agility and helping to reduce the risk of injury. This principle not only improves our physical capabilities but also instills a sense of resilience and adaptability, valuable traits in all aspects of life.

**Community**, the third pillar, underscores the importance of a supportive network in our Pilates journey. Practicing Pilates within a community fosters a sense of connection and motivation. The encouragement and shared experiences of fellow practitioners enhance our commitment to the practice, making it more enjoyable and sustainable. A strong Pilates community provides a space where we can grow together, share challenges and triumphs, and build lasting relationships.

Integrating the principles of tensegrity, recoil, and community into our Pilates practice enriches our experience and supports holistic well-being. These concepts remind us that balance, resilience, and connection are key to thriving both on and off the mat.

As we continue to explore these principles, we not only enhance our physical fitness but also cultivate a deeper sense of harmony and belonging.

# Studio News

## DEM BONES

Dave and I really enjoyed teaching and had very good feedback on the value of using the skeleton model lent to us in term 1. I've been doing some research and we can purchase a full sized teaching skeleton model for \$600 through a reputable NZ company we have purchased equipment from before. To raise funds to help with this cost we will be holding a raffle next Term and would very much appreciate your support, we have already had a \$200 donation from one of our students 🙏



## BARRE CLASS WEDNESDAY 9am

**Winter special price reduction! Half price!**

Winter is a great time to try something new indoors, if you are looking to up your strength and cardio fitness and get moving more, Pilates Barre is the perfect addition to your pilates week.

**Enrol with a friend and you will both get a 50% fee reduction (\$100 for the Term!)**

## BEACON HOLIDAY HOURS

We are happy to see more of our pilates students experiencing the benefits of PBM, and we encourage you to consider letting more light in your life especially over the winter term when we can all use a little pick me up! 🔥

Our Beacon Light Therapy service continues over the holiday break, Elise is away performing magic around the South Island so there will be a short closure from Friday 12th-Tues 16th while Dave and I visit our sons new home in Christchurch. Please check our website [beaconlight.nz](http://beaconlight.nz) if you are considering the Wellness Package combining

Pilates and PBM for the coming Term. Or if you prefer a more flexible commitment to the therapy you might consider one of the other concession options.

### Stretch and Release class Monday 7pm

It is with regret that I have decided to cancel this class for the coming Term. It is the first exercise class I developed and have taught weekly for the past 30 years, and love it for the way it makes my body and mind feel. Pre-covid we had 15+ students attending but unfortunately numbers dropped significantly after lockdown and the class is no longer viable. If there are expressions of interest I will consider reopening it for the Spring term, or maybe other options like a monthly hour and a half reset class...

#### HYMN

Care is the cure.  
It is slow,  
It is raw,  
It is pure.  
It is simple and bare.  
It is real,  
It is bold,  
It is there.  
Nothing is newer  
Or older,  
Or wiser,  
Or truer.  
Care is the cure.



Leung

TERM 2 ENDS SATURDAY 6th July

## TERM 3 2024 DATES & FEES


TERM 3 2024 BEGINS MONDAY 22nd JULY  
AND ENDS SATURDAY 28TH SEPTEMBER


THERE ARE NO PUBLIC HOLIDAYS IN TERM 3  
THEREFORE ALL CLASSES ARE \$200 FOR THE 10  
WEEK TERM


The WELLNESS PACKAGE of 1 PILATES CLASS + 2 PBM LIGHT THERAPY SESSIONS per week for the 10 week Term at \$590 is our lowest priced Light Therapy offer at less than \$20 per session for 20 sessions and is EXCLUSIVE TO OUR PILATES STUDENTS book on [beaconlight.nz](https://beaconlight.nz)

A great way to boost your wellness as we face the winter months 

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 therefore better 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 help prevent infection from virus in our pilates community, you know we do our best to replace your missed classes within the Term!

I write this on mid winter solstice, and wish you all a happy Matariki break, a time to reflect and be thankful for all the blessings in our lives.

We are looking forward to our trip to Christchurch, and having a break from our teaching routines, and some evenings at home together! 🏠

We will return to classes refreshed and enthused for another Term of Pilates inspiration.

Thank you as always for your dedication to your Pilates practice and Pilates Nelson. Your bodies and minds are reaping the benefits and we so enjoy seeing your progress.

We look forward to seeing you all back on the mat and ready to go again for Term 3!

Love and light, and movement for life,

*Kate and Dave*

