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SPRING ISSUE



TEACHING
SKELETON
FUNDRAISER

Term 4
2024
Dates
and fees

SPRING BARRE
CLASS HALF
PRICE!



NEWSLETTER

The Benefits of Pilates as a Somatic Practice for Emotional Release

I had an interesting emotional response in my body recently in class whilst demonstrating an example of a movement pattern showing how we don't want to execute a particular exercise. While demonstrating and describing the tension pattern in the hip I felt myself welling up with emotion to the point of barely being able to speak, and this got me thinking of emotional holding patterns, and how we have to want to change to let go of old habits and move forward.

In our modern world with our fast-paced and often stress-filled lives, emotional holding — where stress, trauma, and unresolved feelings manifest as physical tension—can create barriers to our well-being. These tensions often settle into our muscles, limiting not only our physical flexibility but also our emotional freedom and spontaneity. Pilates offers a powerful somatic approach to addressing some of these deeply ingrained patterns.

As a somatic practice, Pilates goes beyond mere physical exercise. It invites us to develop a heightened awareness of our bodies, creating a connection between mind and movement. This conscious engagement allows us to identify areas of chronic tension and holding. Through mindful breathing and controlled, flowing movements, Pilates encourages the release of these tensions. The focus on breath is particularly crucial, as it helps to calm the nervous system and facilitates the release of emotional blockages. The slow, deliberate nature of Pilates movements enables a deep internal focus, helping us to gently unravel the physical manifestations of emotional holding.

As these tensions release, the body becomes more aligned and balanced, paving the way for greater freedom of movement. This newfound physical freedom can often translate into emotional liberation, allowing us to let go of old habits and patterns that no longer serve us. The practice fosters a sense of spontaneity and openness, as the body is no longer constrained by the burdens of the past.

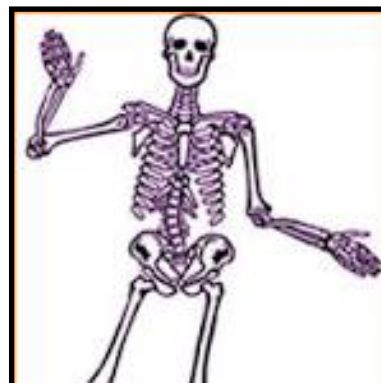
Incorporating Pilates as a somatic practice offers a holistic approach to well-being. It not only strengthens the body but also nurtures the mind and spirit, creating a harmonious balance that supports emotional health. By letting go of emotional holding through mindful movement, we can experience a profound sense of freedom, both physically and emotionally, leading to a more spontaneous and joyful life.

Studio News

DEM BONES

Thank you so much for your support in our skeleton model fundraiser, we are so thrilled to have “Joe” with us helping out with our teaching, he is a most useful chap!

Named for our founder of Pilates, Joseph Pilates 1880-1967. Below is a clip I came across on Instagram of Mr Pilates at 53 demonstrating one of his inventions the “Wunda Chair”, designed as a piece of lounge furniture to adapt to a convenient full body workout machine. It gives you an idea of his ingenuity! (There is a shorter grainier version on YouTube for those not using Instagram)



https://www.instagram.com/reel/C_g01hnA9sw/?igsh=MWI1dnJyNG4xYnZ3dw==

Congratulations to our lucky Raffle winners !!

1st prize **SARAH LA TOUCHE Term 4 fees**

2nd prize **KAREN JORDAN Beacon Red Light Therapy Intro session and a Private Pilates Training Session**

3rd prize **SUE STANDISH Frank Green ceramic hot/cold reusable bottle and Dock and Bay recycled quick dry towel (kindly donated by Karen Jordan Style)**

BARRE CLASS WEDNESDAY 9am

Spring special price reduction! Half price!

Our Winter price reduction got people in the door! So if you are looking to up your strength and cardio fitness and get moving more, we are again reducing the fee to half price for the Spring Term, the class is limited to 12, so be quick!



RELEASE & RESET

If you enjoy working with the foam roller, spiky balls, and Overball and how they make your body feel, there are 2x 1.5 hour mini workshop classes coming up next Term.

Designed to relax body and mind at the end of the week on a Friday afternoon, the classes will incorporate gentle movements designed to unravel tension from your body and mind.

Friday 1st November 4.30-6pm

Friday 13th December 4.30-6pm

The classes will run with a minimum of 6 people, and are not restricted to pilates students, so if you have a friend or relative you'd like to bring along they would be most welcome! The price for the 90min session is \$30.

BEACON HOLIDAY HOURS

It is so good to see more of our students letting more light in their lives and making Beacon PBM Light Therapy part of their wellbeing routine.

Our Beacon Light Therapy service continues over the holiday break, Elise is manning the deck in the 1st week and Dave and I will be back to share the load in the 2nd week.

Please take a look at 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.

We also have a new option coming up on the Fresha Booking website that is a PT Reformer / PBM Membership, our very best value package!

HOSPICE CHRISTMAS RAFFLE

Around week 7 of Term 4 we will again run our annual Hospice fundraiser. Tickets will be \$5 with the chance to win some great Pilates prizes whilst giving to a fantastic charity!



TERM 3 ENDS SATURDAY 28 SEPT

TERM 4 2024 DATES & FEES

**TERM 4 2024 BEGINS MONDAY 14TH OCTOBER
AND ENDS SATURDAY 21ST DECEMBER**

**TERM 4 PUBLIC HOLIDAY IS LABOUR DAY ON
MONDAY 28TH OCTOBER.**

**THEREFORE MONDAY & SATURDAY CLASSES ARE 9
WEEK TERMS \$180**

**ALL OTHER CLASSES ARE \$200 FOR THE 10 WEEK
TERM**

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 love September with the returning light and the spring fling in the garden. Dave and I are looking forward to our break, and a trip north to see family in Raglan and Tauranga. We also will enjoy being home together doing nothing in particular and recharging our batteries for the coming Term.

Thank you all for your commitment to your pilates practice and the good energy and enthusiasm we share together in our studio. We look forward to seeing you back on the mat in the new Term full of spring energy! 🌸

Love and light, and movement for life,

Kate and Dave

The thing I love the most
Is to be undiagnosed
I want to be a mystery to myself
Unexplained and inconclusive
Unto myself elusive
Like a spirit or a pixie or an elf.

And this moonlit part of me
So untroubled and so free
Would never understand but could adore.
As I'd wander and I'd beam
With a deep unknowing gleam
And I'd see a world I'd never seen before.

