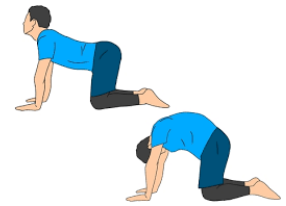




CHRISTMAS
GIVING

Term 1
2025
Dates
and fees

RELEASE AND
RESET CLASS
DEC 13TH



NEWSLETTER

At Pilates Nelson, we are constantly amazed by the resilience of the human body—and how the right movement practices can transform recovery. Recently, I experienced this firsthand after undergoing emergency surgery for a ruptured appendix. While the road to recovery could have been daunting, Pilates and Red Light Therapy played a pivotal role in my healing process, rebuilding confidence in my body’s capabilities and allowed me to return to teaching in just three weeks.

Pilates is much more than an exercise regime—it offers a unique ability to meet the body where it is. During my recovery, gentle movements helped rebuild my strength without overexerting my healing body, breathing techniques supported pain management and reduced tension, while carefully modified exercises encouraged circulation and sped up recovery.

I also found my body urging me to “get in the pod!” Once my course of antibiotics was finished the light therapy provided deep cellular support, it helped reduce inflammation, boosted tissue repair, and eased my post-surgical pain. It’s a science-backed method that accelerates healing, enabling my body to recover more efficiently.

The results were remarkable. Returning to teaching a full week so quickly was a testament to the power of this practice. This experience reinforced my belief in the synergy between mindful movement and PBM light therapy. If you are navigating recovery, managing pain, or simply looking to feel your best by strengthening your body and mind, these tools can transform your journey.

Studio News

RELEASE & RESET

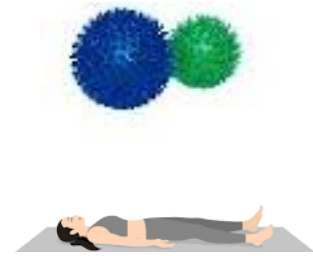
If you enjoy the release work we sometimes teach in class, working with the foam roller, spiky balls, and Overball etc, and how they make your body feel, our final mini workshop for the year is coming up this Friday 13th at 4.30-6pm.

Designed to relax body and mind at a time of year that can be unusually busy, and to wind you down at the end of the week, the class will incorporate gentle movements to help unravel tension from your body and mind.

Friday 13th December 4.30-6pm

The class will run with a minimum of 6 people, and is open to everyone not only pilates students, so if you have a friend or relative you'd like to bring along they would be most welcome! Please register with Kate to ensure your place, class size is limited.

The price for the 90min session is \$30.



HOSPICE CHRISTMAS RAFFLE



Thank you so much for your great support of our annual raffle for Hospice.

Tickets are \$5 at reception and will be drawn on the 18th Dec, a great opportunity to win your pilates term fee or some other great Pilates prizes whilst giving to a fantastic charity, who do an amazing job and are so in need of funds!

BEACON HOLIDAY HOURS

Our Beacon Light Therapy service will take a 2 week break over the Christmas /New Year period, we close on the 21st and reopen on the 6th. The hours over January will be slightly reduced whilst the pilates studio is closed.

Please take a look at beaconlight.nz if you are considering the Wellness Package combining Pilates and PBM for the coming Term. We also have a PT Reformer / PBM Membership, our very best value package!

Or if you prefer a more flexible commitment to the therapy you might consider one of the other concession options.

CHRISTMAS GIFTS



Pilates gift vouchers and equipment make thoughtful and useful gifts, and are a great way to encourage friends and loved ones into the practice. Have a chat with us to see what can be arranged.



TERM 4 2024 ENDS Saturday 21st December

TERM 1 2025 DATES & FEES

**TERM 1 2025 BEGINS MONDAY 10TH FEBRUARY
AND ENDS SATURDAY 12TH APRIL**

**TERM 1 is a 9 week Term at \$180 and there are no
public holidays**

**If you would like to feel the difference to your body doing 2 classes a
week we can offer you a special rate of \$300 or 3 classes for \$400!**

**To guarantee your preferred class place for Term 1 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!

Dave and I are looking forward to a long and relaxing summer break. In January we will walk Banks Track with family, we will have time to catch up with friends and also have some quiet time to rest and reset for the coming year.

We wish you all a very happy holiday season enjoying the warm weather and all our beautiful country has to offer.

Thank you all for your commitment to your pilates practice and the good energy and enthusiasm we share together in our studio.

Take time to nourish your body with movement and good breathing, and we will look forward to seeing you back on the mat in the new Term refreshed and ready to go!

Love and light, and movement for life,

Kate and Dave

