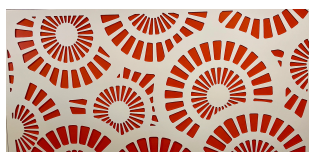


IN THIS  
Autumn ISSUE



LIGHT UP YOUR LIFE  
WITH OUR AUTUMN  
WELLNESS  
PACKAGE



Term 2  
2025  
Dates  
and fees

RELEASE AND  
RESET CLASS  
TERM 2 DATES



# NEWSLETTER

## Finding Ease Through Breath and Movement

In our fast-paced world, stress often triggers the body's fight-or-flight response, creating tension in our breath, joints, and muscles. This state of alertness can cause shallow breathing, rigid movement, and a sense of being "locked" in our bodies. Through our mindful practice of Pilates and diaphragmatic breathing, we can shift out of this cycle and find a softer, more connected way of moving.

Diaphragmatic breath—the deep, expansive breathing that engages the diaphragm rather than just the upper chest—naturally signals the nervous system to downshift from stress mode into a state of ease. This breath not only calms the mind but also nurtures a deeper core connection, allowing the body to move with stability rather than tension. Instead of gripping and bracing, we learn to support movement from within, helping the body to release unnecessary holding patterns.

By focusing on breath and controlled, flowing movement, Pilates helps us transition from stiffness to suppleness, from tension to freedom. Each class becomes an opportunity to return to a sense of ease, where the body no longer resists movement but welcomes it.

At Pilates Nelson, we encourage you to explore this breath-body connection, allowing your practice to be a space where you can release, realign, and move with greater ease. Let's breathe deeply, move mindfully, and we will rediscover a body that supports us.

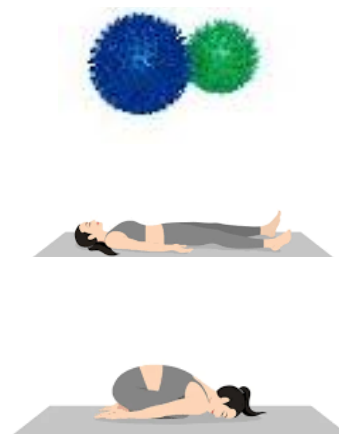
Note the small number in the top corner of the page has hit 60....time goes by!

# Studio News

## RELEASE & RESET

This Term has flown by without any release classes, lets lock some dates in for Term 2!

If you enjoy the release work we sometimes teach in class, working with the foam roller, spiky balls, and Overball to open up the body and release tension, and how wonderful the movements make your body feel, make sure you get your name down for an hour and a half of bliss on the following dates



-Friday 23rd May 13th 4.30-6pm.

-Friday 13th June 4.30-6pm

Designed to relax body and mind and to wind you down at the end of the week. 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 WINNERS!

Thank you so much for your great support of our annual raffle for Hospice. We were thrilled to raise \$820 that was doubled by donating it to the Dancing For A Cause Event before Christmas resulting in a donation of **\$1640 for Hospice!**

Congratulations to our lucky winners

1st Prize Pilates Term Fee went to Linley Smith

2nd Prize 5 Beacon Light Therapy Session went to Eleanor Denton

3rd Prize \$100 Pilates gift voucher went to Biddy Myers

## JENI LEMBERG

Jeni Lemberg with her background in education was always a supportive and encouraging influence at Pilates Nelson over her many years of regular attendance. Participating in classes 2 or 3 times per week. Her lively and friendly conversation is missed and there is definitely a Jeni shaped space in her classes as Jeni sadly passed away after a short illness at the beginning of this Term. Our heartfelt thoughts are with her family and friends, Jeni will be missed by many in the Nelson community. There is a memorial service for Jeni at the Boathouse on Saturday 5th of April at 2pm.

## TERM 2 BEACON LIGHT THERAPY/WELLNESS PACKAGE

Head into the winter months with your cells fully energised to be in your best health to help fight off infections, inflammation and the winter blues!

### Ann's experience of Beacon Red Light Therapy

“After only three or four sessions there was a noticeable reduction in swelling caused by inflammation in my knees due to Arthritis. After more sessions I had less pain in the other affected joints, and this is ongoing. With more Red Light sessions my skin has become softer and smoother, with some scaly areas and scars being reduced and in some cases disappearing. I understand that Red Light therapy encourages the production of collagen. Another bonus is that my hair now has more ‘body’ and my nails have become stronger. The holistic result creates a general feeling of well being, and as I am 78 I didn’t expect such positive outcomes.”

Our Beacon Light Therapy service will remain open with slightly reduced hours over the Pilates 2 week break, and the Wellness package runs alongside the new Pilates Term

Please take a look at [beaconlight.nz](http://beaconlight.nz) if you are considering the Wellness Package combining Pilates and PBM for the coming Term.

We also have a Private Training/PBM Membership, our very best value package.

**TERM 1 ENDS Saturday 12TH APRIL**

## **TERM 2 DATES & FEES**

**TERM 2 2025 BEGINS MONDAY 28TH APRIL  
AND ENDS SATURDAY 28TH JUNE**

TERM 2 is a 9 week Term and there are 2 public holidays  
Kings Birthday weekend on Saturday 31st May and Monday 2nd June  
Matariki weekend Friday 20th and Saturday 21st June

### **PLEASE READ CAREFULLY**

**TUESDAY, WEDNESDAY, THURSDAY CLASSES ARE A 9 WEEK  
TERM \$180**

**MONDAY AND FRIDAY CLASSES ARE AN 8 WEEK TERM \$160**

**SATURDAY CLASSES ARE A 7 WEEK TERM \$140**

To guarantee your preferred class place for Term 2 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

## BARRE CLASS WEDNESDAYS 9-10am

Looking to pick up the pace as we head towards the winter months? The Barre class is a great option to strengthen and tone and to pick up cardio work in the pilates way.

A special deal for Term 2, if you sign up with a friend, the two of you can come for the price of one \$90 each! If you can't persuade a friend you can come for \$120



## LET'S TAKE CARE OF OUR SPACE AS WE HEAD INTO WINTER

Washing your hands before and after class because we use shared equipment and also using a personal mat to overlay the studio mats all help to lower the chances of picking up infection.

We have really appreciated your consideration in staying away from the studio when feeling unwell, please keep this up as we move into the cooler months to help prevent infection from virus in our pilates



community, you know we do our best to replace your missed classes within the Term!

This Term has flown by unbelievably fast, and Dave and I have been enjoying the settled and beautiful weather of the past few weeks getting out and about and hoping it will continue through our 2 week break. We know many of you also like to take a break and travel at this time of year.

Thank you all for your enthusiasm to your pilates, we love the good energy you bring to classes and how this is elevated through your practice.

Love and light, and movement for life,

*Kate and Dave*

