

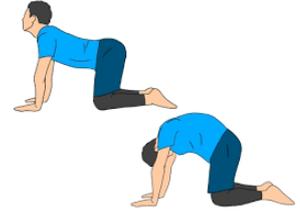
IN THIS  
Winter ISSUE



LIGHT UP YOUR LIFE  
WITH OUR WINTER  
WELLNESS  
PACKAGE



RELEASE AND  
RESET CLASS  
TERM 3 DATES



# NEWSLETTER

## Permission to explore- moving with curiosity

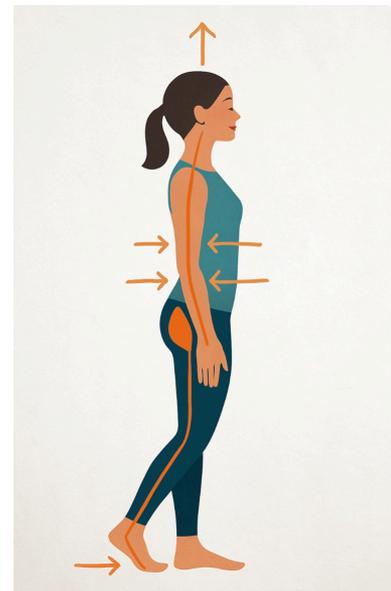
In a culture that often glorifies results and mastery, what if we allowed ourselves instead to be beginners—to be curious and playful, in our movement? What if we stopped needing to understand everything right away and started listening instead—really listening—to the quiet intelligence of our bodies?

Pilates is not only a method of conditioning, it's a language of awareness. Each time you stand on your foot, notice how your body organises itself upward—activating the deep postural “circuit board,” switching on your glutes and uplifting you through to your crown. It's not about compressing into effort, but rising into yourself, elongating from your centre in both directions, expanding into your body's natural length, width, and depth, and embodying each movement.

Let's keep asking: What if I didn't have to get it right? What if I let my body show me something new? How does the movement feel to me today?

Experience is our teacher here. Rather than override it with intellect, we can begin to trust our intuition—to observe and explore movement looking for the freedom we can find in our bodies as we unravel the tension of trying too hard.

There's a quiet kind of resilience that builds from this. And joy too—not from getting it “right,” but from feeling more fully you. Because while we are all unique, it is that very uniqueness that makes us the same—each of us bringing our whole selves to the mat, just as we are.



# Studio News

## RELEASE & RESET

OUR 2 RESET CLASSES this Term have been a hit, a lovely way to unwind from the week and move into the weekend with a relaxed body and mind!

To make things more regular I have decided to set the dates as the 1st Friday of each month within the Term

Dates for Term 3 are

-Friday 1st August 4.30-6pm.

-Friday 5th September 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 to ensure your place, class size is limited.

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



## TERM 3 BEACON LIGHT THERAPY/WELLNESS PACKAGE

The middle of winter can be challenging mentally and physically. Some Red Light Therapy sessions can be very helpful to help energise your cells to be in your best health to help fight off infections, inflammation and the winter blues! Also helpful for skin health and a lovely relaxing and cosy therapy for the winter months.

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 Mat and PBM for the coming Term or would just like to try a session or two to see if it's for you. We also have a Private Training/PBM Membership, our very best value package.

## BARRE CLASS WEDNESDAYS 9-10am

Looking to pick up the pace with some indoor fitness over 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 3, if you sign up with a friend, the two of you can come for the price of one \$100 each! If you can't persuade a friend you can come for \$150, great value for a fun class 😊

## THANK YOU FOR YOUR CONSIDERATION

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 try to have the windows open on good days and always have the air purifier running.

We have really appreciated your consideration in staying away from the studio when feeling unwell, please keep this up as we move through the midwinter 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 so please don't come to class with coughs and sneezes.



**TERM 2 ENDS Saturday 28TH JUNE**

## **TERM 3 DATES & FEES**

**TERM 3 2025 BEGINS MONDAY 14TH JULY  
AND ENDS SATURDAY 20TH SEPTEMBER**

**TERM 3 is a 10 week Term  
and there are NO public holidays**

**THEREFORE ALL CLASS FEES ARE \$200 PLEASE**

To guarantee your preferred class place for Term 3 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

I always look forward to the shortest day with anticipation of the psychological uplift knowing we are heading back on the upswing towards summer. Dave and I wish you a relaxing Matariki weekend, a time for families to come together, connect with nature, and reflect on the past year and look forward to the future.

Thank you all once again for your dedication to your pilates practice, we know it's not always easy, but it is worth it! We see some sore, tired and stressed bodies coming into the studio and some lovely happy smiles going out after easing and reenergising bodies and minds.

Dave and I are looking forward to some time away and some cosy nights at home.

Love and light, and movement for life,

*Kate and Dave*

### WINTER

A storm in a tea cup;  
a thundery thing,  
The rain tumbles down and  
the heart starts to sing.  
A flicker of lightning,  
the sky starts to drop,  
The flowers in the vase  
do a strange little hop.  
The candle flame wobbles,  
a tiny bell rings,  
My cup runneth over with  
beautiful things.

