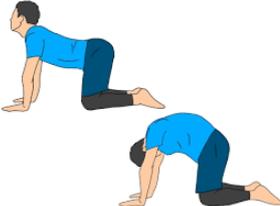

IN THIS Spring ISSUE	PLEASE SUPPORT OUR ANNUAL CHRISTMAS HOSPICE RAFFLE TICKETS AVAILABLE EARLY DECEMBER	Term 4 2025 Dates and fees	RELEASE AND RESET CLASS TERM 4 DATES 
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NEWSLETTER

Breath, Core and Release – Finding Freedom in Movement

So many of us carry the weight of daily life in our bodies without realising it. When the sympathetic nervous system is on high alert, it can show up as chronic tension—tightening through the joints, holding patterns in the muscles, and a sense of bracing against movement. Over time, this not only creates discomfort but can also limit mobility and place stress on our joints.

Pilates offers us a pathway out of this cycle. By using breath and core connection, we can support and strengthen the body from the inside out. At the same time, practices of release and gentle joint mobilisation help to restore freedom, ease, and flow in movement. Together, these elements allow us to find stability without strain, strength without tension.

When we learn to breathe fully, move mindfully, and let go of unnecessary holding, our joints are supported by the right kind of stability—the **deep postural system**—rather than by gripping. The result is more mobility, less stress and tension, and fewer aches and pains.

In Pilates, every breath and every mindful release is an invitation to feel more at home in your body.

Studio News

RELEASE & RESET

OUR 2 RESET CLASSES for Term 4

-Friday 7th November 4.30-6pm.

-Friday 5th December 4.30-6pm

A lovely way to unwind from the week and move into the weekend with a relaxed body and mind!

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.

This is some lovely feedback I received after the last Reset class, last week.

“Just a quick note to tell you how beneficial the class last night was for me. I took myself to bed real early (8pm) and had the most marvellous sleep. I think you should be promoting this as a “sleep like a baby session” I'll be booking both myself and my partner in on the next one. Thanks a million.”



ANNUAL CHRISTMAS HOSPICE RAFFLE

A great opportunity to support the wonderful work the hospice does for our community, and win some great Pilates prizes! Tickets will be available in December and winners announced before the end of Term





BARRE CLASS WEDNESDAYS

9-10am

Spring is a great time to pick up the fitness pace in preparation for summertime activities.

The Barre class will increase your strength and increase your cardio fitness the pilates way.

Elise is teaching a challenging and fun class and I recommend you give it a try if you haven't already!

TERM 4 BEACON LIGHT THERAPY WELLNESS PACKAGE

It's lovely having the return of the light as we transition out of winter, but this time of year can still be challenging mentally and physically.

As the year draws to a close those of you working full-time will feel the pressure to wrap up projects, etc., before the holiday season, and especially if you work indoors you will find yourself craving the light.

Some Red Light Therapy sessions can be very helpful to help energise your cells to be in your best health to help fight off end of year burn out, inflammation and seasonal allergies! Also helpful for skin health and a lovely relaxing therapy at anytime of the year to help you unwind and relax, 20 mins of peaceful bliss.....

Our Beacon Light Therapy service will remain open with 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 if you are considering combining Pilates with PBM for the coming Term.



CLASS TIME CHANGE

Tuesday 9am and 10.15 Over 50's classes will combine at the new time of 9.30am. Alternating Kate Dave teaching every second week. Thank you Tuesday students for your willing compromise on the time!

TERM 3 ENDS Saturday 20th September

TERM 4 DATES & FEES

TERM 4 2025 BEGINS MONDAY 6th October
AND ENDS SATURDAY 20th December

Term 4 is longer than usual, an 11 week Term
and LABOUR WEEKEND is a holiday over 25-27th October

THEREFORE CLASS FEES ARE \$220 PLEASE

*Except for Saturday and Monday classes \$200
because of Labour weekend holiday.

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.

THANK YOU FOR YOUR CONSIDERATION

We have had a few Covid cases and also nasty respiratory colds and flus about this term.



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 really appreciate 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.

We do our best to replace your missed classes within the Term so please don't come to class with coughs and sneezes.

It has been a challenging Term for me dealing with a back injury and teaching full-time. Silver lining is a growth in understanding pain management and more empathy towards our students who also have injuries! I'm looking forward to the break and spending some time recuperating in lovely Golden Bay.

Thank you all for the wonderful pilates you do, you inspire and improve our teaching and bring purpose and meaning into our lives. We look forward to seeing you all again in the new Term.

Love and light, and movement for life,

Kate and Dave

