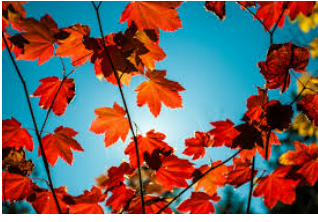


IN THIS
Autumn ISSUE



**HOLIDAY
CLASSES
BOOK IN
NOW!**

Term 2
2026
Dates
and fees

**RELEASE AND
RESET CLASS
TERM 2 DATES**



NEWSLETTER

Recovery, Reflection and Reconnecting

As autumn settles in, it feels like a natural moment to pause and reflect on what has been a deeply challenging and personal time for me.

Over recent months, I've been navigating a spine injury, and the surgery, recovery and rehabilitation—an ongoing journey. This experience has given me a renewed appreciation for our bodies, and for the steady, restorative work that Pilates is built upon. For **patience**, consistency, and trusting the body's capacity to heal and adapt. These principles have taken on even deeper meaning for me.

Woven through this time has also been the loss of both my dear parents, just three months apart. It has been a privilege to have had the time and opportunity to participate intimately with them in their journeys, and it has been a period of both grief and emotional reflection that has reshaped my perspective in many ways.

I'm now looking ahead with a sense of quiet optimism and am very much looking forward to returning to teaching and reconnecting with you all in the studio. Thank you sincerely for your quiet patience, and your kind messages, cards and little gifts of support while I've been away—they have meant more than I can express.

A heartfelt thank you as well to Dave and Elise for the wonderful teaching they have done covering classes for me this term. The feedback has been heartwarming to hear and I'm deeply grateful for their care and professionalism. Their dedication has ensured the studio has continued to run smoothly.

As the season turns, I'm reminded that recovery—like autumn—is a time of letting go, to prepare for what comes next. As I ease back into teaching I ask you to please remain open and flexible as we swap around teachers from time to time so I am not working day and night or going from zero to hero. This will allow me to build my stamina up without over stressing my body. I'm hopeful for what lies ahead and grateful to be stepping back into this space with you all.

Studio News

Congratulations to the Hospice raffle winners!

I now have personal experience of the wonderful support Hospice provides us with in the dying process and also helping in the grieving process. Thank you for your generosity, the Pilates Nelson Christmas raffle raised \$718=00

The lucky winners

Term Fee Prize—Eleanor Denton

\$100 Pilates Nelson voucher—Kate Rose

Intro 5 sessions Beacon PBM Red-light Therapy— Amy Prestidge



☀️ Term Break Holiday classes 🙌

For those wishing to continue their practice over the Easter holiday break Elise will be teaching classes on Tuesdays and Thursdays at 12-1pm and 5.30-6.30pm.

Elise's teaching continues to improve with all the extra practice over the past 4 months, thank you to those of you who have supported her classes both over the summer break and this Term. Elise brings bright energy and challenge to every class she teaches.

Tuesday & Thursdays 7th, 9th & 14th, 16th

12pm OpenPilates

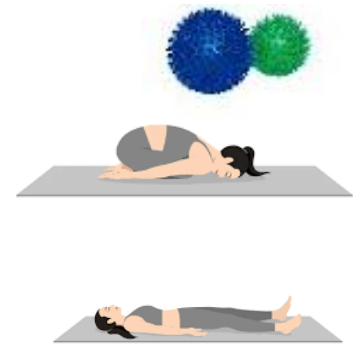
5.30pm Open Pilates

Please register with Kate, Dave or Elise and pay before the end of Term to secure your spot. **\$15/class or \$50 for 4 classes! Bargain!**

RESET CLASS for Term 2 2026

-Friday 1st May and Friday 5th June 4.30-6pm.

Wind down by gently releasing muscle tension and joint stiffness through limbering, myofascial release and gentle stretches, followed by a relaxing guided meditation to quieten and relax your mind.



The class is open to everyone not only Pilates Nelson 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 so please get your name down quickly!

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

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

WELLNESS PACKAGE Term 2 2026

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.

Some Red Light Therapy sessions can be very helpful to help energise your cells to be in your best health to help fight inflammation and viruses. Also helpful for skin health (our largest organ) and a lovely relaxing therapy at anytime of the year to help you unwind and relax, 20 mins of peaceful bliss.....

BEACON LIGHT THERAPY

The Red Light Therapy studio will be closed over Easter Weekend and then opened on reduced hours until the start of the new Pilates Term on Mon 20th April.

CLASS CHANGES

75+class Thursday morning 10.45-11.45am.

This is a new class so there is plenty of space if you prefer a smaller group, and because of small numbers also a good place for those starting pilates.

Also for Students doing the Monday 75+ Class who'd like to come twice per week and another option for Over 50's catching up classes missed.

New Fitness Barre Thursday 5pm

The Fitness 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, a great way to maintain fitness as the season changes and indoors becomes more appealing!



Bring a friend and you can come for \$100 each!

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 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 next Term to help prevent infection 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.



TERM 1 ENDS Thursday 2nd April prior to Easter

TERM 2 2026 DATES & FEES

Term 2 2026 is a 10 week Term
Monday 20th April – Saturday 27th June

There will be a class on ANZAC Saturday 25th

But no classes over Kings Birthday weekend
Saturday 30th May & Monday 1st June

Therefore the Term fee is \$200 for all classes
except Saturday and Monday your fee is \$180
please

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 and is 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.

♥ **To all our Pilates Nelson students** A heartfelt thank you for your flexibility and for being open to change as we navigate our way forward.

We look forward to welcoming you back next term and continuing the practice together.

Love and light, and movement for life,

Kate, Dave and Elise

