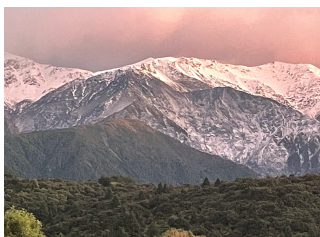


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now!

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NEWSLETTER

My new appreciation for ACC levies...

As many of you know, the beginning of this year saw me undergo spine surgery after an injury and long period of managing pain and limitations. Looking back, I feel an overwhelming sense of gratitude—not only for the successful surgery itself, but for the remarkable recovery that has followed.

Throughout this journey, I experienced first-hand the incredible support available through ACC. From funding the surgery and physiotherapy, to providing home help and psychological support while I navigated both chronic pain and the grief of losing both of my parents, the assistance was comprehensive and deeply appreciated. I have often looked at that annual ACC levy and winced, but I can honestly say that I now understand its true value. In future, I will pay that bill with genuine gratitude, knowing the difference it can make when life presents unexpected challenges!

Returning to teaching in the studio this term has been one of the greatest gifts in my recovery. Reconnecting with our Pilates community, moving with purpose, and sharing the work I love has accelerated my healing physically, mentally, and emotionally.

I am also deeply grateful to our wonderful teaching team, whose professionalism and generosity continue to support a healthy work-life balance for me and ensure that Pilates Nelson thrives regardless of who is leading the class. Their contribution is invaluable.

And finally, thank you to our incredible students. Your care, concern, encouragement, and patience throughout this period have touched me more than you know. Pilates Nelson has always been more than a studio—it is a community—and I have felt the strength of that community every step of the way.

Studio News

Mid-year break holiday classes

Elise is away over the break performing magic ✨🧙 on a North Island tour. So Dave has volunteered to teach 4 holiday classes in the first week of the break before we also head away.

Tuesday 30 June & Thursday 2nd July

12pm Open Pilates

5.30pm Open Pilates

Please register with Kate, Dave or Elise and pay before the end of Term to secure your spot. **\$20/class**

Relax and Reset Classes for Term 3

(Always the first Friday of the month within the Term)

-Friday 7th August and Friday 4th September 4.30-6pm.

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

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 restore yourself and move into the weekend with a relaxed body and mind!



WELLNESS PACKAGE Term 3 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.

Red Light Therapy sessions can be very helpful at this time of year to help reduce Seasonal Affective Disorder (SAD) and to help re-energise your cells to be in your best health to help fight inflammation and viruses.

A lovely relaxing therapy at anytime of the year to help you unwind and relax, 20 mins of peaceful bliss.....

BEACON LIGHT THERAPY

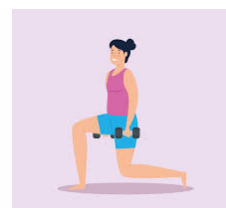
The Red Light Therapy studio will be on reduced hours over the holiday break until the start of the new Pilates Term.

CLASS CHANGES

StrongForm Pilates Strong muscles, strong bones, strong future

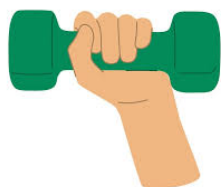
We have recently purchased more weighted equipment and are changing the name of the Barre classes to **StrongForm Pilates**

The name change better describes the type of pilates being taught. We all know the importance of retaining muscle strength and bone density as we age. This is a great addition to your pilates practice and Elise is teaching a challenging and fun class, I recommend you give it a try. A great way to maintain/build strength over the winter months.



StrongForm Pilates

Wednesdays 9am and Thursdays 5pm



TERM 2 ENDS Saturday 27th June and the studio will take a 3 week mid-year break

TERM 3 DATES & FEES

Term 3 is a 10 week Term

Monday 20th July — Saturday 26th September

There are no public holidays during the Term therefore the Term fee is \$200 for all classes

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 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.

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.



♥ To all our Pilates Nelson students

Winter is nature's season of restoration-a time to gather our energy, tend to ourselves, and find comfort in life's simple pleasures. As we pause for our 3 week break, we encourage you to honour this quieter rhythm with rest, reflection and nourishment.

Thank you for being part of our Pilates Nelson community. We look forward to returning next Term, refreshed and renewed, from our mountain retreat, ready to continue the good practice together,

Happy Matariki! ✨

Love and light, and movement for life,

Kate, Dave and Elise

We give thanks for the blessing of Winter.

Season to cherish the heart

To make warmth and quiet for the heart

To make soups and broths for the heart

To cook for the heart and read for the heart

To curl up softly and nestle with the heart

To sleep deeply and gently at one with the
heart

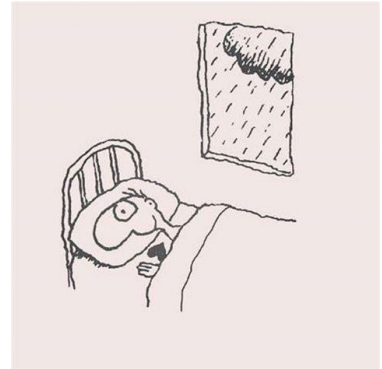
To dream with the heart

To spend time with the heart

A long, long time of peace with the heart

We give thanks for the blessing of winter

Season to cherish the heart



Michael Leunig