



Pilates Alliance Australasia NEWSLETTER

Presidents Report to Members

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Dear Members,

A new committee year has begun!

After a very nice AGM, complete with Classical Matwork class by Lea Francis and lots of positive and helpful discussion from the members attending the meeting, we are actively into the 08-09 committee activities with some great results already.

The committee remains strongly stable with last year's committee members staying on board, plus we have the addition of a fresh new ordinary councillor, Jessica McNamara. We are delighted to have Jess on the committee, and her talents and energies will be well utilised. See more on Jess inside this newsletter.

In recent weeks we have been able to finalise a great insurance deal for PAA members, which brings you a specific package of personal indemnity and public liability for an excellent premium. This package has been specifically tailored for PAA members and offers coverage under 'Health Professionals-Pilates'. You will find more on this inside too – and very timely with a lot of annual policies becoming due in September.

We're also pleased to be working with some of the promoters of National Breast Cancer Awareness Week to support their efforts in promoting pilates as an ideal rehabilitation and strengthening method for post-surgery and breast cancer recovery. I'm sure you will all agree that this is a highly worthwhile cause, and we were very happy to take the opportunity to offer our assistance. I thoroughly believe Pilates is one of the best ways we can help women recover and it would be brilliant to see this promoted well. I doubt there is any one of us that has not been affected by a family member or friend with Breast Cancer, and I ask you all to remember the lovely Megan Williams, who was a great teacher and instrumental in establishing foundations of our local pilates industry, before dying too young of this disease. Hopefully, we can help the cause as well as bring focus to the excellence of the pilates method for recovery and good health.

There are many great articles and contributions in this edition of the newsletter, so make sure you don't miss anything.

Stay warm – spring is on its way, and happy teaching!
Best wishes,

Sally Anderson



HF Industries

1800 633 009

www.hf.com.au

**FOR ALL YOUR BALANCED
BODY NEEDS.**

NEW MEMBERS

David (Dav) Cohen
Manly, NSW

Janette McWilliams
St Lucia, QLD

Jennifer Newman-Preston
South Melbourne, VIC

Kathryn Buffon
Mildura, VIC

Kellie McLeish
Kew, VIC

Mary McArthur
Battery Pt, TAS

Monique Telfer
Spring Hill, QLD

Raymond Harris
Strawberry Hills, NSW

Tracey Middleton
St Kilda East/Black Rock/
Hampton, VIC

The Main Committee will process the next new memberships and upgrades on the 19th September 2008.

Members and registered studios are also listed on the PAA website. www.pilatesalliance.net

If you have a friend or colleague not yet a PAA member, let them know about the PAA and we welcome their application.

THANKYOU

Our thanks must once again go to Pam Dunwoodie who at this years AGM, gave a donation of \$300. Thank you Pam, it is gratefully received and will be put to good use.

If any other PAA member wishes to do likewise and give a donation to the PAA:
Please contact: The PAA Administrator
admin@pilatesalliance.net
Tel: 02 9969 3150

Welcome to our new committee member, **Jessica McNamara** as Ordinary Councillor, Special Projects, we are sure Jessica will be an asset to the committee.

Jessica is a physiotherapist who has completed both Pilates International Full Certification and Polestar Pilates Studio for Rehabilitation certification. She is completing her Certificate IV this year and plans to complete her diploma next year and is also a mentor for Polestar Pilates. Jessica is also a Master Practitioner of Neuro Linguistic Programming. Jessica is currently running her own studio (Pure Form Pilates) in Mosman, Sydney

PAA COMMITTEE

PAA Conference Sub Committee

Pam Dunwoodie
Kathy Johnson
&
Mikel Woods

Thank you guys for putting your hands up

Office Bearers

President
Vice President
Treasurer
Secretary

Sally Anderson
Marda Willey
Stephen Jones
Laura Mulherin

Ordinary Councillors

Website & Marketing:
Continuing Education:
Special Projects

Catherine Giannitto
Lanette Gavran
Jessica McNamara

WORKSHOP 13TH SEPTEMBER—SURRY HILLS, SYDNEY

Shauna Hall will be presenting a workshop at The Pilates Method Studio in Surry Hills on 13th September. All are welcome and you will receive cec's for attendance. Shauna's work in disease prevention, hormonal balancing and addressing womens health conditions is excellent, and her completion of her Masters in Womens Health this year has further fuelled her knowledge and passion for pilates as a tool for health. For more information and to book please call (02) 9212-6715.

Photo courtesy of HF Industries and Balanced Body



Disclaimer please note: If you recently received a misleading email from the PIA and the subject line read 'Sydney Pilates Courses, 23-27 October 2008 (Pil/Alliance)', it is totally unconnected to the PAA and has not undergone any PAA assessment. We have since spoken to them, it was a mistake and (Pil/Alliance), has been removed

ADVANCED MAT WORK OF LEA FRANCIS AT AGM — BY SARAH DUNN

When I think of the term 'Classical' pilates the words 'locked,' 'tense,' 'snap-kick,' and 'thrust' immediately spring to mind. Perhaps because of these 'dated' cues combined with my discomfort in trying to execute them, I have avoided a number of the traditional exercises. And because I work with so many people who are injured or vulnerable in their back, neck etc. there just isn't the clientele around me who can safely and happily execute the work correctly. However, the opportunity to do pilates 'Romana's way' is scarce in Sydney, so when the invite to do this style of mat class came up, I took up the offer.

After a brief introduction from our instructor Lea Francis, we lay down and started with the Hundred. 'Whoa, here we go' I thought, 'God, that's right, it's Traditional order.' I'd just spent that week struggling with the flu, moping about the house in my PJs, ugh boots and hot water bottle. The Hundred certainly hauled my brain in to action and from that point on there was very little stopping.

The class had a flow to it, and Lea kept us on our toes, as well as our hands, elbows, and 'tushes.' 'Use your Powerhouse to do the work', 'lift from your Powerhouse,' 'Use your tush' - it was all happening. Corkscrew, Boomerang, Snake. It kept coming - Seal, Rocking, Control Balance. With faces focussed, bodies breathing, limbs swinging, and powerhouses holding it all together we were a symphony of dedicated souls determined to hang in there as we were challenged beyond our comfort zones.

And Romana still does this stuff? At 73? At half her age, I was struggling. As another colleague said after class, 'it's humbling.' So if you think you 've done it all, or are feeling a little tired of your own repertoire, try Lea's class to tap into the 'source' of the Method. The tradition lives on in Sydney!

Quotes at beginning of article are direct quotes from 'Return to Life through Contrology' JH Pilates and WJ Miller, Presentation Dynamics Inc. 2000.

ANNUAL GENERAL MEETING 2008 by Laura Mulherin

This year's AGM was held on Saturday 26th July in the large, bright Alexandria Town Hall on a lovely sunny day. After an intensive matwork class taken by Lea Francis everyone happily enjoyed some light refreshments and catching up time before we got the meeting started.

The meeting lasted approximately an hour, during which the committee filled everyone in on events of the past year. The Presidents report had already gone out to all members, and elements of this were discussed by attendees at the meeting. The PAA committee and Administrator are continuously lobbying and working for benefits for our members such as health fund provider status, continuing education opportunities and assessment, elevating the profile of the pilates profession, getting information out to other industries for alignment and involvement, as well as planning for future conferences/seminars. Stephen presented the Treasurers report on the day and talked everyone through the various components so they understood where membership money is being allocated.

Everyone at the meeting was very involved and offered good discussion and ideas. We were happy to hear that feedback was unanimously very positive and encouraging. They felt that the committee was doing a good job, and in particular commented on the efficiency and excellence of our administrator.

Happily, we had offers from attendees to work on a sub-committee for the next Mind Your Body events, for which we are looking at updating our format to meet feedback and needs of the industry.

The PAA committee would like to thank everyone who took the time to attend the AGM and we hope you enjoyed the day. A big thank you to Carolyn Antony for all your preparation toward the day, and to Lea Francis for taking a great Matwork class. We look forward to seeing more of you at next year's AGM to be held on the 1st August 2009.

MEDIBANK PRIVATE

Information about your Medibank Private patients

Medibank Private currently pays benefits for pilates when the service is provided by a registered physiotherapist, and the member has an eligible health cover which pays benefits towards physiotherapy.

However, if your Medibank Private patient has one of the following health covers, they may be eligible to claim benefits for the pilates service provided by your studio:

- HealthyPlus
- SmartPlus, Priority SmartPlus
- AdvantagePlus, Priority AdvantagePlus
- PremierPlus, Priority PremierPlus.

These covers have a component called 'PackageBonus'*. This component can be used towards approved membership-related or health-related services, including pilates classes. The PackageBonus can also help members reduce or eliminate any out-of-pocket expenses.

So, please advise your patients who have Medibank Private cover to call their fund on 132 331 to confirm whether they are eligible to receive benefits for your services.

* Six month waiting period applies to PackageBonus. Individual, membership and annual limits apply.

We have found a number of the health funds have a similar arrangement to that above, such as Australian Unity which includes Grand United under their Health Management Services, LifeChoice section: Pilates classes must be prescribed by a recognised healthcare practitioner for the purpose of improving a health condition or illness. The letter of recommendation from the practitioner must be supplied with the claim and is valid for six months.

The funds who do not cover Pilates in the main health cover, then they possibly do within their "package bonus" or similar worded section with provisos, so ask your clients to carefully check their policy health fund cover, to see if they are eligible to claim for Pilates and under what conditions.

Advertisement for non slip socks from abi and joseph



abi and joseph

PILATES STUDIO INCENTIVES

THE NON SLIP SOCK - WHOLESALE ORDERS

abi and joseph are about to re-launch their popular non slip socks to the wholesale community. Currently in production in China, our socks will be available to Pilates studios from minimum orders of twenty - and have a brand new (and very friendly) price point!

NEW BROCHURES

Please scratch our back – and we'll scratch yours!

Our brand new sales brochures are hot off the press. More of a state of the art poster than a catalogue, they come folded up to pass onto clients – and open to a gorgeous A2 sized display.

We'd love you to circulate these brochures in your studio. In return, we're offering studio owners an entire outfit at 50% off retail prices and 30% off any garments for Pilates Instructors in your studio.

Please contact us immediately for more information on any of the above on

1300 85 33 66 or sales@abiandjoseph.com

New Insurance Solution for PAA members

Insurance House is pleased to partner with the PAA to deliver a new and exclusive insurance solution for members.

We invite you to renew your insurance policy for the 2008 to 2009 period with us via our exclusive PAA member offer. The **benefits** for PAA members include:

- Broad policy coverage offering three covers in the one policy. Our 3 in 1 policy covers you for Malpractice Insurance, Public Liability Insurance and Goods Sold or Supplied Insurance.
- Any financial member of the PAA will receive a discount on our standard rates.
- We offer an on-line purchasing facility at www.ihgroup.com.au which offers further discounts. You will also receive immediate confirmation with your insurance policy e-mailed directly to you.
- Strong insurer coverage with the world's largest insurer, Lloyd's of London, who holds an excellent insurer rating of A+ and operates as an authorised Australian Insurer.
- Extremely competitive prices to reflect your low risk activities. We offer a further discount for those PAA members earning less than \$10,000 per annum.
- No excess payable by you in the event of a claim.
- Friendly, efficient and professional service team ready to assist you at all times.

To take advantage of our PAA offer simply visit www.ihgroup.com.au and purchase on-line under our Health Professionals package. Alternatively you can complete the PAA insurance application form and return it with payment.

If you have any queries please call one of our experienced consultants **toll free on 1300 659 626** or e-mail us at ih@ihgroup.com.au.



DISCOUNTED PILATES INSURANCE— INSURANCE HOUSE

The PAA is delighted to have secured exclusive Professional Indemnity, Public and Products Liability Insurance on behalf of our current financial PAA members with Insurance House. This product offer is only available to PAA members and has been developed to meet the needs of members.

We have found these insurance terms to be considerably cheaper than other policies currently on offer, and we did give AON the chance to compete.

We recently sent the policy to you by email, so if you did not receive it or require it re-sent, let the PAA Administrator know or else contact Insurance House direct, details as below. We know that a number of you are due to renew your insurance in September, which is why we sent it out to you in plenty of time. It has been specifically tailored for PAA members, including the PAA logo, and offers coverage under Health Professionals-Pilates. It is a combined Malpractice, Public Liability, Goods sold and Supplies Insurance package for Health Professionals - Pilates.

You will note that their insurance automatically includes Public Liability and Goods sold-or-supplied cover to the value of \$10,000,000 for any one claim and \$30,000,000 in the aggregate, regardless of what limit is taken on the Malpractice section.

Your contact will be Bev Spark in their Echuca Office; her details are:

Bev Spark

Ph: 1300 659 626 / 1300 305 834

Fax: 03 5482 6020

Email: ih@ihgroup.com.au

Please advise Bev that you are a PAA member. Her details are located on the bottom of the last page of the application form.

Please Note: The PAA is bringing our members this offer, however it is entirely up to you whether you wish to avail yourselves of these great rates and this particular insurance policy. We recommend that you read the policy carefully to see if it meets your needs - only you can make the final decision. See page 5 for Insurance Group advertisement.

STUDIO FOR SALE

UNIQUE OPPORTUNITY PILATES STUDIO FOR SALE

Well established (20 years) fully equipped Pilates studio for sale in Sydney's Eastern Suburbs. Very well established Clientele, some who have been attending for over 15 years!

Owner retiring from Studio ownership, but will only sell to the right person.

Equipment includes:

4 x Reformers, 2 x Trap Tables, Combination Barrel (3 interchangeable tops), 2 x Wunda Chairs, Arc Barrels, Swiss Balls, 6 x Floor to ceiling mirrors, Air-conditioning unit, Incline bench, arm bench, hand and ankle weights and many other items.

The premises are self contained, with male and female toilets and change rooms plus a kitchenette, as well as an extra room that can be used for massage/osteopathy etc.

Owner will sign a new 3 x 3 lease.

Area is 100sqm plus 1-2 parking spaces.

Do not miss out on this opportunity to purchase the most high-profile Pilates Studio in the area.

This studio is priced to sell to the right person. Finance can be arranged.

Please email your CV and Pilates training experience by 20 September, 2008 to:

insidesuccess@yahoo.com

WORKSHOP ADVERTISEMENT



Introducing a workshop with a difference, presented
by Rosalba Courtney, DO.

***Breath and Body Balance: An Introductory Lecture on
Understanding, Assessing and Treating Dysfunctional Breathing.***

**How breathing affects the function of your body and
contributes to chronic neck and back pain. Breathing exerts a constant, subtle but significant
influence on posture, muscle function, balance and stability.**

You will learn:

- Why people with chronic neck and back pain often have abnormal breathing patterns.
- How major postural muscles like the abdominals also affect breathing, and how breathing muscles like the diaphragm also influence posture.
- The most common reasons for poor diaphragm function.
- The many variations in a normal breathing pattern.

Stories our breathing tells us

Our habitual breathing pattern tells stories about stress, emotion, past illness and present health, injury and pain.

We will learn about:

- breathing as a regulator and indicator of stress
- how breathing regulates and is affected by body chemistry
- what pain does to breathing
- the relationship between breathing and health.

How do we change our breathing patterns

Because breathing is at the center of our body's unconscious self-regulatory mechanisms, it takes persistent awareness and regular practice, and at times individualized breathing techniques, to reset our breathing pattern to one that promotes health, balance and postural stability.

You will learn:

- Foundational techniques for developing breath awareness
- Techniques for testing how well your diaphragm and other breathing muscles are working.
- Introductory techniques for balancing the nervous system with the breath
- Techniques for working with the breath in daily life

Biography Rosalba Courtney D.O.

Rosalba has been in practice as an Osteopath and practitioner of complementary medicine for 30 years. At present she works in Avalon at the Breath and Body Clinic. She has studied and taught many systems of healing centred on breathing retraining, including the Buteyko Method, Breathing Biofeedback and Intermittent Hypoxic Training. She is currently completing a PhD on the subject of Clinical Assessment of Dysfunctional Breathing and Breathing Therapy.

Saturday 13th September 2.30 – 4.30pm 2CEC's
Cost: \$45.00 per person
Bookings essential: Tel: (02) 9999 5155

Workshop Location:
The Independent Theatre
269 Miller Street (opposite Stanton
Library)
North Sydney 2060

email: pilates_newport@optusnet.com.au

WORKSHOP ADVERTISEMENT

To place an advertisement, please contact the Administrator at admin@pilatesalliance.net

Polestar Pilates Final Workshops for 2008

Pilates for Children (4 CEC's)

Pilates for Children is an innovative and fun workout aimed at primary school aged children. Learn how to communicate the Pilates method to children in a manner that will have the kids hooked on Pilates and movement. This is a four-hour taster of a one-day course that comes with a manual. Have fun going back to your childhood.

Presenter: Kimberley Garlick

Where: PowerNouse Pilates, Level 1, 28 The Corso, Manly NSW

Date & Time: Friday 21st November 2008, from 1pm-5pm

Cost: \$125 - Pilates Alliance members \$115



Beyond Core Control—Pilates Exercise, The Outer Unit and Muscular Slings (4 CEC's)

Pilates exercise has long been known to work from the 'inside - out'. We first recruit muscles of core stabilization (the 'inner unit') to form a stable base from which to work. We then move our trunk and limbs with larger muscle groups to create our everyday functional movements. When our 'stabilizers' and 'mobilizers' are working efficiently the result is optimally coordinated and efficient movement. As instructors and practitioners of Pilates exercise, creating awareness of these muscle groups and their proper facilitation is one of our main objectives.

We will focus on the muscles that we call the mobilisers of the body and will investigate their crucial role in movement as well as in providing more stability and protection for the inner, stabilizing muscles and joints. We will look at the body from a '*muscular slings*' perspective using the concepts of Vleeming and relate them, in a systematic way, to Pilates exercises. We will cover the following topics: outer unit Muscular Slings, Basic Gait pattern, Anatomy/physiology, Function/dysfunction, Experiential exercises for the Muscular Slings.

Presenter: Dav Cohen

Where: PowerNouse Pilates, Level 1, 28 The Corso, Manly NSW

Date & Time: Friday 17th October 2008, from 1pm-5pm

Cost: \$125 - Pilates Alliance members \$115

**DISCOUNTS FOR
PILATES ALLIANCE
MEMBERS**

Maximising Performance & Minimising Injury for the Elite Runner (4 CEC's)

This workshop will include an understanding of the important components of the biomechanics of running, explanations of common injuries and their different treatment strategies, examples of advanced exercises to challenge the elite runner, and progressions of various exercises to target the appropriate standard of the athlete you are working with. This workshop involves both theory and practical components.

Presenter: Darren Stojanovic

Where: Dynamic Stability, Level 1, 161-165 Swan St, Richmond VIC

Date & Time: Saturday 29th November 2008, from 1pm-5pm

Cost: \$125 - Pilates Alliance members \$115

CEC's: 4 CEC's

For full details and schedule go to:
REGISTER ONLINE NOW: www.polestarpilates.com.au/workshops.php

For more information contact Polestar Pilates Australia on (02) 9977 1536
www.polestarpilates.com.au info@polestarpilates.com.au

POSITIONS VACANT HORNSBY, NSW

mindful movement PILATES STUDIO AND movement THERAPY CENTRE

Suite 2, 2nd Floor, 45-47 Hunter St, Hornsby
Phone: 9477 4065

www.mindfulmovement.com.au

PILATES INSTRUCTOR required for

Pilates and Movement Therapy Centre in Hornsby on Sydney's North Shore. Build your own Pilates business (minimum commitment of 8 hours per week) within our professional and caring Centre, working with highly qualified, dedicated and experienced Pilates practitioners, physiotherapists, exercise physiologists and massage therapists.

We offer:

- a serviced and well-equipped Pilates Studio
- marketing opportunities including website presence
- reception support
- access to our established client base

The successful applicant must:

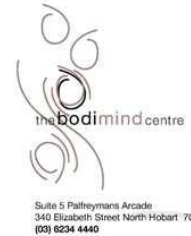
- be fully certified in Mat and Studio Pilates (Polestar, Cert IV or equivalent)
- have own ABN
- have own professional indemnity and public liability insurance
- be flexible with working hours and prepared to work evenings and weekends
- have a positive, friendly, self-motivated, team-player outlook
- be pro-active in building their own business

Interested applicants should send their CV to:
enquiries@mindfulmovement.com.au

For further information please contact Karen on
(02) 9477 4065

POSITIONS VACANT TASMANIA

EXPERIENCED PILATES INSTRUCTOR WANTED Bodimind Centre.



North Hobart, Tasmania

We offer, Pilates, Massage and Psychotherapy
Small but fast-growing studio in the heart of North Hobart on the beautiful island of Tasmania.

Applicants need to have a working knowledge of rehabilitation Pilates as well as general mat and studio work.

Hours: 10hrs per week to begin.
Opportunities exist for extending and becoming involved in the studio's growth.

Bodimind Centre
5/340 Elizabeth Street,
North Hobart. 7000
(03) 6234 4440
Email: arwen@bodimindcentre.com.au
Website: <http://www.bodimindcentre.com.au/>

POSITIONS VACANT SYDNEY

WANTED

Pilates Studio Instructors

There are 2 part time positions available at fully equipped studios in North Sydney and Bondi Junction.

Times would be Monday and Wednesday evenings 3 or 4 – 8pm and Saturdays mornings 8 – 12.

If you are interested, please call Allan Menezes on
0419 333 600

Or email allan@pilates.net with your full cv.

Rehabilitation experience a plus. Further training will be given if required.

There is also Gyrotonics equipment at North Sydney.

'THE ELEPHANT' - EXERCISE OF THE MONTH by Marda Willey

FROM THE HORSES MOUTH:

Why it is called 'THE ELEPHANT'.

We all have different names for different exercises, depending on where we trained, who we learnt from or even where we teach. I am lucky to be able to say I did a great portion of my training with Romana Kryzanowska - the custodian of Joseph Pilates notes on the exercise technique he developed 'for the whole body'.

One of the most fun parts of working with Romana (and working with her can range from great fun to very scary!...) was the many stories she told us about the naming of some of the exercises. So - The Elephant;

For those who call it something else it is part of the Long Stretch series and is taught in traditional Pilates basic, intermediate and advanced workouts. It is also an amazing exercise on the floor as it has a huge hamstring stretch component. Biomechanics of the exercise will differ slightly when various approaches teach it, as it will be a functionally different exercise depending upon instruction.

History says **the mother of** black and white film star / femme fatale Carol Lombard (platinum bombshell) was in the studio and asked 'Jo' for an exercise for her legs so they would not look like **the back of the leg of a saggy grey elephant**. He came up with an exercise that puts people into a position on reformer, sort of in the shape of an elephant - round back, trunk (nose) down looking into stomach, heels flat against shoulder blocks and hands on foot bar. The idea is that you use the hamstrings to push the carriage out and then the abdominals and hamstrings to pull the carriage in and under you. There we have it - the Elephant was born: a big shape, and a small but slow-moving exercise that pulls those wrinkles down the leg up.

I'm sure you'll enjoy the story and use the imagery to help you pull up those legs! More of these to come...

PAA PROMOTION FOR FULL MEMBERS AND STUDIOS COMING SHORTLY...

We will shortly be sending all of our full members and studios some flyers by post. We therefore request you be ready to go in to action and for this **you will need to have either your own business cards or your studio flyer with contact details**, the reason why will be revealed when you receive these flyers.

This PAA flyer initiative is designed to **individually promote you, our full PAA members and studios**. It asks you to distribute a minimum of 5 of the flyers in your immediate studio working suburb. If you are working in a number of suburbs and need more, just email or phone the PAA administrator.

To make this promotion work both efficiently and effectively there are some do's and one don't. We shall also recommend to you in the instruction leaflet that will accompany the flyers, the places where we suggest you put up these flyers for the most effect.

Benefit:

- The benefit for you as the PAA member is that as we are a regulatory body, it establishes your credentials in the public mind.
- The public are not sure what to ask of a potential instructor. These flyers give peace of mind to potential Pilates clients on the grounds that our members are part of a regulatory body concerned with establishing the criteria for maintaining standards and integrity within the industry, to develop and maintain standards of instruction and education in the Pilates Method industry.
- Promoting the benefits of professionally delivered Pilates instruction, and we can email potential clients the PAA brochure - what to look for in a Pilates Instructor/studio and course competency criteria that our full members need to have achieved

Action by Public: On receiving a call/email, we will advise them of the PAA member/s in their immediate suburb and their level

Aim: Our purpose is to protect and enhance the image, knowledge and understanding of Pilates, and to actively support the standing of members in their local communities.

A BRIEF HISTORY OF PILATES by Lanette Gavran

Joseph Hubertus Pilates was born in Germany around 1880. He reportedly had rheumatic fever, asthma and rickets as a child, caused by a weak respiratory system, and so to improve his own health he began exploring ways to strengthen his body and his mind. Joe was inspired by the classical concept of the ideal man who combined a well-trained body with an equivalently trained intellect, so in his journey he participated in boxing, fencing, wrestling and gymnastics, as well as exploring yoga and Zen meditation. At this time (the first two decades of the 20th century) Germany was a hub of exploration in body-mind work, with many ground-breaking leaders in movement science, dance and psychology working or spending time there.

When World War I broke out, Joe was in England touring with a boxer and subsequently was held as a resident alien in an internment camp near Lancaster for the duration of the war. While in the camp, he took it upon himself to lead his fellow detainees in a daily exercise program. According to Joe, when the influenza epidemic of 1918-1919 broke out, none of the inmates who followed his regime got sick. Joe's success with his group of inmates brought him to the attention of the camp leaders, and he was given the job of an orderly at a hospital on the Isle of Man. He was put in charge of 30 patients and worked with them every day to exercise whatever they could move. It appears that Joe's exercises helped his patients to get better faster and helped them to fight off the secondary infections that killed so many interns in similar circumstances.

After Joe was released from the camps and returned to Germany, he was approached by the "brown shirts" (who were to become the Nazi party) to train their police force. Wisely, Joe left Germany on a boat to America, where he met his soon-to-be-wife Clara on the passage. Clara was a nurse who would later work beside him in the studio everyday, taking care of any clients Joe didn't want to or wasn't able to work with.

Upon arrival in New York in 1926, Joe and Clara rented a small studio in the same building as the New York City Ballet and started teaching what Joe called "Contrology"; the state of the art mind-fitness regime we now know as "Pilates". They worked with clients from all walks of life but he made an especially strong impression on the dance community working with Ted Shawn, Ruth St. Denis, George Balanchine and many others who sent their injured dancers to Joe's for rehabilitation following injuries.

Joe's dream was to introduce "Contrology" into every aspect of life; from schools to military training, and had he not been so far ahead of his time, it may have happened. Joe spent many years talking to anyone who would listen about his work, but did not receive much recognition during his lifetime.

Joe was an inventor who was always working on developing new exercise equipment. He made many of the machines himself and often designed them to fit a particular client. Many of Joe's original machines are still working today, handed down to studios of various elders.

Joe's studio was destroyed by fire in 1967, and he died soon after that from complications of smoke inhalation. As a big cigar smoker it has been whispered that maybe it was the cigar smoke not the studio fire that were most to blame! His wife Clara carried on the work until her death in 1977.

Amongst the primary teachers who carried on Joe's work after his death was Romana Kryzanowska, a dancer who worked very closely with Joe and taught at his studio for many years. She was associated with the Pilates Guild for many years and through many adventures, until forming her current training organization under 'Romana's Pilates'. Romana's studio "True Pilates" is a hive of activity on 57th St New York, and Romana still travels and teaches from her home base in Texas.

Other "Elders" include:

Eve Gentry, who was a well known modern dancer that worked with Joe and Clara as a student and teacher for many years before moving to Santa Fe, New Mexico and opening a studio there. Eve died in the late 1990's. Her work is carried on by Michelle Larson through Core Dynamics

Ron Fletcher was a Martha Graham dancer who worked with Joe and in particular Clara, very late in their lives. Ron was the first teacher to bring Pilates to the West Coast and introduce it to many famous actors and actresses. His work is carried on by the Ron Fletcher Program of Study and is known as the Ron Fletcher Work.

Carola Trier trained with Joe and opened her own studio in New York where she taught until her death in the late 1990's. Her work is carried on by several senior students including Jillian Hessel in Los Angeles and Deborah Lessen in New York.

Kathleen Stanford Grant originally came to Joe with a knee injury she sustained as a dancer. She was one of only two students to be certified by Joe to teach Pilates. Kathy Grant is still teaching at her studio at the Tisch School of the Arts at the New York University. Kathy has several protégés who teach and travel for her, in particular Blossom Leilani-Crawford in Brooklyn, New York..

Lolita San Miguel is a well known dancer and choreographer who was the only other person officially certified by Joe while she was dancing in New York. Ms San Miguel teaches Pilates workshops nationally and internationally and has produced several DVD's. She is director of Ballet Concierto de Puerto Rico in San Juan, Puerto Rico .

Mary Bowen was a comedian performing in New York when she first started working with Joe. She now combines Psyche and Pilates in her current life as a Jungian psychoanalyst and Pilates instructor at her offices in Northampton, MS and Killingworth, CT.

Just before Joe's death, both Kathy Grant and Lolita San Miguel were awarded degrees by the State University of New York to teach "Pilates". These would have come about through funding programs for dancers at the time as Joe did not run a program of certification. These two are believed to be the only "Pilates" teachers ever certified officially by Joe.

When Joe passed away in 1967 he left no will and had designated no line of succession for the Pilates work to carry on. Nevertheless his work would remain and flourish. Clara continued to operate what was known as the Pilates studio on 8th Avenue in New York, where Romana Kryzanowska became the director around 1970, after returning from a 15 year stay in Peru.

Pilates has now become a household word thanks to the work of all these first generation teachers ("The Elders") and many others who kept the method alive after the death of Joseph Pilates. Without them, we would not have the wonderful exercise system we have today.

In our next newsletters we will expand upon historical events and lineage of the pilates method. There have been interesting and exciting times, and we will aim to give you a more in-depth understanding of how history has rolled out.