



Australasian Pilates Industry Alliance

NEWSLETTER

Reformer Mat Workshop with Marda Willey

Followed by Pilates Alliance BBQ

Saturday 14th February 2004 2CEC's

Special points of interest:

- Remember your membership is due for renewal in March. The deadline for all 2004 memberships is the **31st March 2004**.
- Next CEC Opportunity is coming up on the **14th February 2004** —Reformer Mat Workshop with Marda Willey.
- The Mind Your Body Conference will be held Friday 5th-Sunday 7th March. Whilst this is not a Pilates Alliance run conference, our members are entitled to CEC credits for their attendance. Please consider that you will be required to demonstrate the accumulation of 20 CEC's by March next year and that 15 of those credit points must be in accumulated in a pilates specific or pilates related field!
- [Alliance Contact Details](#)
Pilates Alliance (Australasia)
PO Box 374
Surry Hills NSW 2010
(P/F) 02-9540-3302
www.pilatesalliance.net
admin@pilatesalliance.net

After the great response we received from our final workshop for 2003, we will be kicking off the year with something a little physical.

Vice President, Marda Willey, will be teaching a Reformer Mat Class as our first foundation workshop for 2004.

What is a Reformer Mat Class you may ask?

This workout is an advanced reformer workout that is performed on the mat. No equipment, just your body! Without the resistance from the reformer springs the body has to find the strength and control to perform an amazing routine with flow and precision.

Registration for this workshop is essential as there are only 20 places available to participate in this class with Marda. All participants will be required to bring a small towel, socks and a vinyl mat, if possible. If

you are unable to participate in this workshop, but would still like to attend, you will be able to register as an observer for the day.

Following the workshop, we are organizing the first Alliance social event: an informal BBQ at Shelly Beach! This will be a great opportunity to relax and get to know each other a little better so please try to make yourself available!

Even if you can't make it to the workshop we would love to see you afterwards at the BBQ.

The BBQ will be held at Shelly Beach, off Bower St, Manly, a short stroll from the Powerhouse Studio. The main committee will provide all BBQ equipment and utensils, cutlery, cups, napkins and a selection of salads. Otherwise it's BYO meat and alcohol.

Fortunately, right next door to the studio there is a Coles, Deli and Bread shop, so you will be able to

purchase all food items after the workshop.

For more information on the location of the Powerhouse Studio and Parking around the Manly area please refer the Powerhouse website;- www.powerhouse.com.au

For all registrations please forward payment to: The Pilates Alliance: February Workshop, PO Box 374, Surry Hills, NSW 2010

14th February 2004
2.00pm-4.00pm
@POWERHOUSE Studio
Lvl 1, 28 The Corso
Manly
2 CEC's

Participants
Members \$30.00
Non Members \$45.00

Observers
Members \$15.00
Non Members \$25.00

MEMBERSHIP RENEWALS FOR 2004

As mentioned in the last newsletter, all memberships are due for renewal on the 1st March 2004. You will be required to complete the Membership Renewal form attached to this newsletter, provide all necessary documentation and payment as per the Schedule of Fees outlined on the form. Please be advised that CEC accumulation will be assessed at the March 2005 renewal, consequently, you will not be required to forward this information at this point in time. Please continue to keep a record of this CEC accumulation for next year.

Should you wish to upgrade your membership to a higher level, you will be required to provide documentation demonstrating the increased hours work experience. For all upgrading memberships we will accept a maximum of 30hours experience per week.

The deadline for all membership renewals is the 31st March 2004. All renewals that are received after this date and up until the 1st June 2004 will be subject to a 10% Late Fee. All renewals received after the 2nd June 2004 will be returned and membership will have to be applied for in full.



Mind Your Body Conference 5th - 7th March 2004

Mind Your Body is an annual three day conference, providing ongoing and post graduate level education and collaboration to industry professionals within the pilates method, yoga, gyrotomics and associated holistic methods.

The Mind Your Body 2004 conference is scheduled as follows:

Dates: Friday 5 - Sunday 7
March 2004

Venue: Swiss-Grand Hotel on
Bondi Beach, Sydney

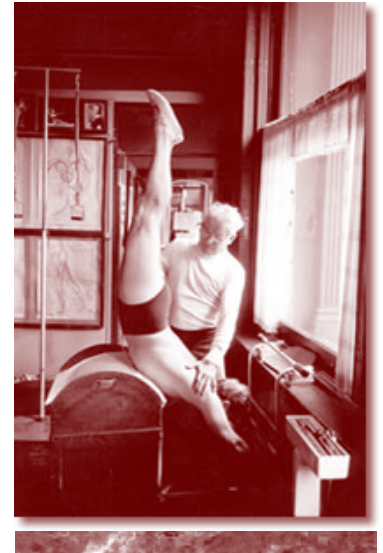
Accommodation and travel packages are available – visit the website for details

Conference registration has now opened and all Alliance members should have received brochures directly in the mail, outlining all workshops and presenters as well as social and collaborative opportunities.

The Pilates Alliance awards CEC's for attendance at Mind Your Body as follows:

- 15 cec's for 3 day conference
- 5 cec's for one day attendance
- 1 cec per workshop (workouts not included)

For more information and all registrations please visit
www.mindyourbody.com.au



"Physical fitness is the first requisite of happiness. Our interpretation of physical fitness is the attainment and maintenance of a uniformly developed body with a sound mind fully capable of naturally, easily and satisfactorily performing our many and varied daily tasks with spontaneous zest and pleasure."

-Joseph H. Pilates

Return to Life Through Contrology, 1945

Ultrafit Magazine Opportunity for Registered Studios

If you haven't already registered your interest, the opportunity has been negotiated for registered studios of The Pilates Alliance to contribute to a monthly column in Ultrafit magazine.

Ultrafit is a leading national fitness publication reaching an extensive audience of readers in our target market.

The monthly column is the **Pilates Exercise of the Month** and there is a minimal cost for each placement of \$300.00.

Each registered studio will have the

opportunity to provide an exercise (breakdown plus photo) as well as have their contact details and brief studio synopsis published in Ultrafit.

You will need to submit the following:

1. Studio name, phone number and web address
2. Two sentences describing your studio or studio specialty.
3. Exercise name, and step by step description
4. Exercise photo
5. \$300.00 cheque made payable to The Pilates Alliance

Your chosen exercise should be appropriate to the style of delivery – ie: keep in mind that these exercises will be attempted by a wide variety of people unsupervised, therefore keep them non-complex and clear. All submissions will require final approval from The Pilates Alliance main committee before publication.

If you are a registered studio and would like to take up this opportunity, please register your interest with Rachel by emailing her on admin@pilatesalliance.net

We will accept registrations in order that we receive them and then notify you of your deadline to have your submission material to us by.

NEW MEMBERS

If you know of anyone who is not yet a member of the Pilates Alliance and would like more information regarding membership please contact
Rachel Szabo
admin@pilatesalliance.net
02-9540-3302

For all enquires re advertising in the Alliance Classifieds please contact
Rachel Szabo
admin@pilatesalliance.net

The Pilates Alliance Sub-Committees. Do you want to get involved with your association?

WE NEED HELP!!

As we grow as an association, there seem to be a never ending list of tasks we are trying to achieve.

We are looking for members who would like to get involved with their association and offer their time to work on various sub-committees. Two areas of focus for the Alliance for 2004 are Marketing/Promotion and Healthfunds/Insurance. If you would like to help out in either of these areas please notify any of the committee members, or Rachel Szabo on 02-9540-3302.

And look out....if you have expressed interest in assisting on a subcommittee in the past, we will be chasing you

WEBSITE UPDATE

Our website is up & running!
www.pilatesalliance.net
admin@pilatesalliance.net