



Pilates Alliance Australasia

NEWSLETTER

Administrators Report

by Rachel Szabo

Special points of interest:

- The Pilates Alliance AGM will be held following our next Sydney Workshop on the **31st July 2004 from 3.30-5.30pm**. Please refer to the information accompanying this newsletter for AGM details, agenda and positions of office vacant. It would be great to see as many of our members attending this meeting or send in your votes and have your say!
- First Melbourne CEC Opportunities is coming up on the **9th October 2004** — Pilates Program Ideas for the Cyclist with Kerrie Murphy.
- Next Sydney CEC Opportunities is coming up on the **31st July 2004** — Dance Specific Pilates with Jennifer Newman-Preston.
- [Alliance Contact Details](#)
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Having entered into the administration position with the Pilates Alliance in September of last year, it is amazing to see how fast the time has gone. During this time, we have worked on implementing more efficient administration procedures, which are showing signs of improvement. Since commencing this position, it has also been reassuring to see the growth in membership and overall, the growing interest that the industry is gaining with the Alliance.

As you are all aware, we have just finished the busy season, with membership renewals due in March. We have had a great response from members. It is also great to see the number of studios being registered with the Alliance. Remember, all registered studios have the opportunity to submit an exercise of the month with Ultrafit Magazine (for more details please contact me). For those few, who haven't renewed their membership, please also feel free to contact me!

The Alliance is currently working on a few projects worth mentioning. We are presently in the final stages of implementing industry guidelines to help regulate and benefit the working conditions of instructors. These guidelines will provide contractor agreements and pay structure templates for registered studios. They are almost complete with the final draft being

looked over by our lawyers. We are sure to keep you up to date with any progress.

There have been many queries of late regarding health funds. Presently, HCF has withdrawn Pilates instructors from obtaining provider numbers. This, to all involved, has been an ongoing struggle to say the least. In December 2003, government legislation changed which allowed health funds to no longer accept any fitness industry claims. We all know that we should not be categorised as such, so The Alliance now needs to lobby each health fund individually, face to face, to try to change the view of what they consider Pilates provides. We are sure to keep you up to date with this issue too.

The Pilates Alliance is also working on issuing members with marketing brochures, which will contain contact details of all studios and instructors registered with us. This will be in a booklet form and is a task we will be looking to produce in the near future.

Regarding on-going education. I have had quite a few queries regarding workshops located outside of NSW. This is a valid point of concern for those residing outside of NSW. The committee have been working on this for some time - looking for host studios, presenters and suitable

times. We are happy to announce that our first interstate workshop will be held in Victoria in October. (Further information located on the next page). For all members outside of NSW, which there are many - we are working on this issue and are hoping to make continuing education more accessible sooner. We will inform you as soon as details are confirmed. To assist us in this matter, we would appreciate anyone wishing to volunteer his or her services to contact us in writing. In fact, we are always looking for members who wish to volunteer their services on this or any other matter - regardless of location!

Finally, with our membership growing, it would be great to hear from you, get your point of view and understand any issues you may have. Remember, different regions may face different challenges. Please feel free to contact me with any suggestions or concerns you may have. After all, we are all trying to work toward the same goal!

Hope to see you all at the AGM, which is scheduled for Saturday 31st July 2004.

Rachel Szabo

Administrator.

The Alliance newsletter is sponsored by



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FOR ALL YOUR BALANCED
BODY NEEDS.

PILATES ALLIANCE AUSTRALASIA ANNUAL GENERAL MEETING 2004

The Alliance AGM will be held following our August Foundation workshop on Saturday 31st July 2004 at the new Pilates International Training Centre, Ground floor 79-83 Myrtle St, Chippendale. AGM to commence 3:30 and finish at latest 5:30pm. Please refer to AGM Agenda for more detailed information on the meeting.

Continuing Education—Sydney

Dance Specific Pilates

With Jennifer Newman-Preston

Saturday 31st July 2004

1 - 3pm

Pilates International

Training Centre

79-83 Myrtle St

Chippendale

Members \$30.00

Non Members \$45.00

Jennifer brings us her extensive experience both the Dance and Pilates worlds with this workshop.

Jennifer has a BA in Dance and has performed nationally and internationally with many dance and theatrical companies. Over the past seventeen years in conjunction with her performing, Jennifer has taught contemporary dance, contact impro, composition, creative and alignment.

She has taught for primary and tertiary institutions including WAAPA, VCA, NAISDA, UTS,

NIDA, Laban Centre, and UNSW.

Jennifer has extensive experience in the Pilates Method including her formal training through Body Arts & Science Professional Program and as a senior instructor and educator for Pilates International.



Continuing Education—Melbourne

Pilates Program Ideas for the Cyclist using the Reformer & Wunda Chair

With Kerrie Murphy

Saturday 9th October 2004

Infinity Pilates Studio

East St Kilda

2 - 5pm

Pilates Program Ideas for the Cyclist, using the Reformer & Wunda Chair

Presented by

Kerrie Murphy, BA Dance

Kerrie is director of Infinity Pilates Studio in East St Kilda, Melbourne.

With formal training from The Pilates Centre UK, Body Arts & Science International and the Australian Pilates Method Association, Kerrie has 12 years experience teaching Pilates in both Australia and the UK. She currently presents student certification training and association workshops for the APMA. This is Kerrie's first presentation for The Pilates Alliance Australasia.

This workshop will look at tailoring pilates training to the

specific skills of the cyclist, and cross-training exercises to overcome imbalances. The workshop program will include: analysis of cycling movements, examination of body type, typical issues, common injuries and strengths/weaknesses, as well as a selection of efficient sequential exercises from the Pilates repertoire on Reformer and Wunda Chair.

NEW MEMBERS

Helena Cox
New Zealand

Laura Mulherin
Phillip ACT

Victoria Becka
Bondi Beach NSW

Pam Dunwoodie
Werri Beach NSW

Julia Bruce
Gynea NSW

Pilates Moves
Double Bay NSW

The Fitness Edge
Phillip ACT

Bodiline Pilates Studio
Port Maquarie NSW

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



NSW Vocational
Education & Training
Accreditation Board



NATIONALLY RECOGNISED
TRAINING

pilatesITC
international training centre

Diploma of Professional Pilates Practice (91120NSW) & Certificate IV in Pilates Instruction (91121NSW) are the first and only competency based professional Pilates qualifications to be government recognised and VETAB accredited in Australia. Developed by Pilates International Pty Ltd, a registered training organisation, these programs are unlike any other Pilates programs currently offered to health and fitness professionals today, and are benchmark in setting the highest industry standard. These are the only Pilates qualifications aligned with the Australian Qualifications Training Framework (AQTF) and national health and fitness industry standards.

(02) 9699 6559 karen@pilatesint.com



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

As mentioned in previous newsletters we are calling for members to get involved with their association and volunteer for a position on a sub-committee. At the AGM not only are we looking to fill the Main Committee Positions of Ordinary Member– Ongoing education, Ordinary Member– Insurance, Ordinary Member– Health Funds we are looking for six enthusiastic individuals to sign up for one of 3 sub-committees; Marketing and Promotion (1 position), Insurance (2 positions) or Ongoing Education (3 positions). If you feel you have the skills, time, energy or all of the above to work on a sub-committee and assist in ensuring that members receive the maximum benefits membership of the Alliance offers, please refer to the AGM information and put your hand up!

Reformer Workshop Review—Sydney With Shelly Power

Great workouts were had by all who attended our June 26th Workshop with Shelly Power, Director of Education for Polestar Pilates Education. Shelly took us through Basic Reformer: Focusing on Shoulder Dysfunction and a Late Intermediate Reformer Workout for General Conditioning—both of which were valuable and rewarding experi-

ences, and both showing us a slightly different approach to some of the exercises we all know and love.

Thanks to Catherine Aquilina and everyone at Powernouse for providing such a warm and spacious environment for us to workout and learn in. It was great to be able to all participate in this workshop together. - Ed



Hard at work on the Reformers—a variation on The Hundred



NSW Vocational
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NATIONALLY RECOGNISED
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Diploma of Professional Pilates Practice (91120NSW)

Is a pilates qualification providing the practical skills and related scientific knowledge required to become a competent and effective practitioner and health care advisor in the field of Pilates. Graduates of this qualification will be able to confidently design, deliver and monitor Pilates intervention for moderate risk people, working in close referral with allied health professionals. Eligible for Level 2 full membership with the Pilates Alliance Australasia.

Certificate IV in Pilates Instruction (91121NSW)

This is an exit point within the Diploma, and is designed to reflect the role of Pilates Instructors who operate in a professional and specialised studio environment and work with low risk (apparently healthy) client groups. This qualification is seen as entry level into the Pilates Industry and is suitable for those who wish to work in a private/semi-private or group fitness environment. Eligible for Level 1 full membership with the Pilates Alliance Australasia.

(02) 9699 6557

karen@pilatesint.com

Pilates International Pty Ltd is a registered training organization (90201) delivering
Diploma and Certificate IV qualifications under the Australian Quality Training Framework

Other Continuing Education—Queensland

“Learn from the Leaders”

Gold Coast, 11th-15th August 2004

Pilates Plus presents

Rael Isacowitz (USA)

Kathy Corey (USA)

Michelle Larsson (USA)

4 Day Advanced Pilates Training Symposium and 1 Day Public Seminar

11th - 15th August 2004

Grand Mercure Hotel Broadbeach, Gold Coast

The Advanced Pilates Training Symposium includes intensive workshops with each presenter covering the following topics:

- Daily Pilates Mat Classes
- Gait Analysis
- The Art of Cueing
- Small Apparatus
- Pilates for Golf
- Eve Gentry's Mat Workshop
- Pilates for the Aging Population
- Pilates Guidelines for Hip Replacement
- Post Mastectomy Movement and Exercise Protocols

Final stages are now being implemented for an exciting and educational "Learn From The Leaders" Advanced Training Symposium.

We have just received Kathy Corey's course outline, which includes a progressive to intermediate spine corrector class, which is all the rage in the USA, along with her core-band class which will be the first time Australia has experienced her work. Kathy has trained extensively with Ron Fletcher and Kathy Grant - both Pilates elders.

Michele Larsson, who most of us know her as the Director of the Pilates Institute Sante Fe, will be presenting her exquisite level of work, mostly influenced by the late Eve Gentry. It is such a treat for us to have her insight and wisdom integrated with the Pilates Method.

Finally, NOT to mention, the one and only Mr Rael Isacowitz presenting a whole new format including small apparatus training, gait analysis and the Art of Cueing.

There are a few places left, so don't miss this opportunity to "Learn From The Leader" right here in Australia.

Please note, HF Industries will be selling all of the the equipment off the floor at wholesale prices - lookout for these great equipment deals!

Contact Pilates Plus on 07 5577 3155
or 0419329968

or email to info@pilatesplus.com.au
for more information.

POSITIONS VACANT

WATERLOO- Brand new and beautiful studio located in Elizabeth Street Waterloo - Balance Therapy Pilates Yoga Meditation is looking for fully certified, caring and motivated teacher for immediate start. 16 hours per week (and hopefully more). Call Kerry or Andrew 0425 244 679. We look forward to hearing from you.

CAMBERWELL-Instructors wanted for small group classes in Camberwell Chiropractic Clinic. Call Paul 03 9813 2344

ALBERT PARK - Fully equipped pilates studio for rent with about 15 sessions already full. Reasonable rental. Situated in health clinic in Albert Park. Contact Vicki Saray on 0412414025 for more information.

For all advertising enquiries contact
admin@pilatesalliance.net



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Pilates International Training Centre

BRIDGING PROGRAM TO CERTIFICATE IV IN PILATES INSTRUCTION

Graduates of the Pilates International Certification Program (PICP) are eligible to complete a brief bridging program to upgrade their certification to the government recognised qualification of Certificate IV in Pilates Instruction. Participants will complete some preparatory tasks prior to two contact days. (Some finalisation of contact day tasks may occur post contact days). Certificate IV in Pilates Instruction is a government recognised qualification aligned with the complementary health sector. For further information please call Karen on (02) 9699 6557 or email karen@pilatesint.com