



PILATES ALLIANCE  
AUSTRALASIA

Pilates Alliance Australasia  
**NEWSLETTER**

**MERRY CHRISTMAS TO ALL ALLIANCE MEMBERS!**

**Message from the Editor**

**CONTINUING EDUCATION**

- Dav Cohen, the PAA Ongoing Education Councilor, has been hard at work preparing a fantastic and informative continuing education schedule for us for next year. In line with this, the 2005 Pilates Alliance Foundation Workshops will be held on the following dates, please pencil them in your diary!

- 26 February
- 28 May
- 30 July (+AGM)
- 29 October

- Don't forget PAA Foundation Workshops are **FREE** to all Full Members of the Alliance. Associate and Basic Members will continue to receive a discount of 25% from all PAA Workshop Fees.

- Available from PAA Administration is an "Expressions of Interest for Workshops" form for any organisation or individual wishing to present a workshop for the PAA.

- Next Sydney CEC Opportunities is coming up on the **26 February 2005**.

- Alliance Contact Details  
Pilates Alliance (Australasia)  
PO Box 374  
Surry Hills NSW 2010  
(P/F) 02-9540-3302  
[www.pilatesalliance.net](http://www.pilatesalliance.net)  
[admin@pilatesalliance.net](mailto:admin@pilatesalliance.net)

The Alliance newsletter is sponsored by



**HF Industries**

1800 633 009

[www.hf.com.au](http://www.hf.com.au)

**FOR ALL YOUR BALANCED  
BODY NEEDS.**

As I sit here preparing our final newsletter for the year, once again I am astounded by how quickly the year has passed!

2005 is shaping up to be a great year for the Alliance with the committee moving along nicely on a whole range of projects. Rest assured you have a wonderful team of individuals who give up much of their valuable time and spare energy to work on implementing strategies and creating materials to help support us all as our industry continues to evolve, consolidate and strengthen.

Our membership is continuing to increase with more instructors, studios and interested parties joining each year. The benefits of becoming a member are also increasing with the decision to provide free continuing education to all members! Next year will also see the role out of support materials for studios, educational bodies and instructors. We are almost ready to release our brochures aimed at educating the public on how to choose an instructor, studio or training program!

As always there continues to be many queries from members regarding health funds. The Alliance Insurance subcommittee is in the process of lobbying each health fund to resolve this issue for us.

During next year our newsletter will undergo a bit of a face lift in an effort to provide you all with a wider range of information and products available and applicable to Pilates. A big thank you to our sponsor HF Industries, and particularly to Chris Skinner and Anne Woodford for their continued support of our industry and association, we really appreciate it!

On behalf of the PAA Committee, we hope you all have a safe and happy holiday and we look forward to seeing you in 2005.

*Kristy Wetherell*

Ed.



*"Just hanging around!"*  
Back: Sally Anderson, Kristy Wetherell, Marda Willey, Rachel Szabo  
Front: Catherine Aquilina, Gloria Scott

**Pilates Alliance Australasia  
Main Committee and Support Roles**

President:  
Sally Anderson

Vice President  
Marda Willey

Treasurer  
Kerry Etkin

Secretary  
Catherine Aquilina

Ordinary Councillor—Industry Consultation  
Karen Beattie

Ordinary Councillor—Newsletter and Member Communications:  
Kristy Wetherell

Ordinary Councillor—Insurance and Health Funds  
Gloria Scott

Ordinary Councillor—Ongoing Education  
Dav Cohen

Public Officer  
Karen Beattie

Administrator  
Rachel Szabo

## PMA Conference Review—New Orleans, USA

November 2004

By Sally Anderson

It seemed like a perfect blend of learning as well as getting to see a very renowned city at the same time, with the Pilates Method Alliance (USA) holding their annual general meeting and conference in New Orleans.

I headed across in time to have a day or so visiting the famous spots around "the big easy". Alliance committee member Kristy Wetherell and Principal Trainer member Katrina Edwards also attended the conference this year, and together we managed to see the mighty Mississippi, Bourbon St and the French Quarter, ride the Canal St Streetcar to an infamous above-ground cemetery, drink plenty of coffee, eat many bagels and do a necessary spot of shopping. Oh and that's right, the conference was good too!! In fact it was a very relaxed and happy time for us in attendance at the conference.

Some lovely presenters gave short workshops as well as the draw card first generation teachers. It is interesting to note that even the first generation teachers have taken on more learning and expansion of their knowledge year by year. When the PMA first introduced the first generation teachers (at that time referred to as 'the elders'), I was fortunate enough to be at their presentations over the course of the inaugural PMA conference in Miami. Each of them, despite age and an obvious clarity of their work in the method, have continued to learn and expand their understanding, which was evident in their workshops this year. They are not only great leaders in this profession because of their skills and experience, but I would say

equally great leaders in their clear understanding that we never stop learning. As they do, we should continue to hone and upgrade our skills every day. The more we know, the more we understand that we don't know. For anybody wanting to know more about the first generation teachers, please visit the PMA website.

Due to the inclusion in the intended National Certification Exam (see below\*), this conference required presenters to focus their delivery of practical workshops around six core exercises – the Hundred, the Roll Up, the Leg Circles, the Spine Stretch, the Saw, the Roll Over. This meant that we experienced many approaches to these exercises and a variety of cueing and perspectives that we could utilise. There was much more taught than these, but it does bear mentioning that these were a specific focus. I personally had a really lovely class with Halle Clarke from New York City, and I would recommend a session with her to any NYC travelers. Other highlights noted from the conference by those I spoke with were Julian Littleford – an ex-Martha Graham dancer with a great blend of English and American pilates training background; Madeleine Black – from the Kane School of Core Integration; Michelle Larsson's Eve Gentry workshops; 'Breathing as a Prime Mover' by Wendy LeBlanc-Arbuckle; plus many of our ongoing favourites and master teachers. Katrina Edwards met up with Serafino Ambrosio, many years after having introduced him to pilates in Melbourne, with Serafino now a Polestar educator and studio owner in Italy. During the conference Serafino presented a

"Can-Can" matwork class to the music of the Can-Can, which certainly had a different approach than most!

\*The PMA are primarily focusing on the creation and implementation of a 'National Certification Exam'. This would be an exam assessed and implemented by a third party that would aim to set a measurable standard within the pilates profession for the United States, with the hope that this would flow over internationally. I quote an excerpt from the PMA notification of the exam process:

"The purpose of the exam is to establish an entry-level standard of knowledge, safety and skill that the public will recognize across the nation. This certification will enable Pilates teachers to establish a profession that enhances public safety and possibly will aid us in receiving reimbursement from healthcare insurers."

It seems to me that this process is aiming at outcomes that we have clearly identified as necessary in Australasia, and that in Australia we have begun to achieve through the vocational education training framework that exists for this purpose. The international pilates profession is making very positive moves toward a recognisable framework for training and delivery of the pilates method, and I am sure we will look back on these years as very formative for our industry.

For more information on the PMA, conference review, or the National Certification Exam, please visit the PMA website at [www.pilatesmethodalliance.org](http://www.pilatesmethodalliance.org) or contact us to discuss further.



### NEW MEMBERS

**Kate Armstrong**  
Glebe NSW

**Nick Tsakalos**  
Queanbeyan NSW

**Renai Booth**  
Hall NSW

**Annebé Pettersen**  
Bayview NSW

**Gillian Omelaniuk**  
Castaways Beach QLD

**Meri Fatin**  
Glebe NSW

**Michelle Barakat-Johnson**  
Clovelly NSW

**Jennifer Newman-Preston**  
Surry Hills NSW

**Mollie Joyce**  
Harbord NSW

**Brianna Whittle**  
South Yarra VIC

**Chad Beckett**  
Mona Vale NSW

**Anne-Marie Jones**  
Warrabee NSW

**Irena Drew**  
Seaforth NSW

**René Alexander**  
Bondi Beach NSW

**Phillipa Hicks**  
Redfern NSW

**Pilates International**  
Turramurra NSW

**Bodhimaya Pilates Centre**

## PILATES ALLIANCE AUSTRALASIA

### AGM & Workshop 2005

This year the AGM will take place on Saturday 30<sup>th</sup> July 2004. The committee have agreed to hold a full day of workshops, discussion and industry get-together, alongside the requirements of this meeting.

We are giving you plenty of notice in order to keep the day free, and we would like to see as many members as possible make it to Sydney for this event. Next year we are aiming to hold the AGM in another state, so that we can spread the travel requirements around some more.

One of the workshops on this Saturday 30/7/05 will be a foundation workshop, and therefore will be free to full members. For the remainder of the day we will charge a nominal fee for attendance, however we will be contributing to the costs of running this day in order to keep fees minimal.

We will notify you when we have secured the presenters for the day and anticipate the day will run as follows:

9am – 9:45	Opening address
10am	Workshop 1
1pm	Lunch
1:45pm	Workshop .2
4pm	AGM & voting



## “Learn from the Leaders” Symposium Review Gold Coast, August 2004

By Gloria Scott



Rael Isacowitz  
Cueing the Chest Lift (from DVD)

**The Body Arts & Sciences International (BASI) Conference held on the Gold Coast from the 11<sup>th</sup> to 15<sup>th</sup> August was very informative and stimulating for all who attended.**

Rael Isacowitz, Founder of BASI International Certification was as always very generous, in passing on the teaching knowledge he has gained in England, Australia and the U.S.A for the past 25 years. He has also studied with the Master Teachers of the Pilates Method in the USA, and his on going work clearly preserves the source of the original works of Joseph Pilates.

For the readers who may not be aware of Rael's Australian history he commenced training in this country teaching Pilates at McDonald College (Performing Arts) in Strathfield, Sydney. Rael integrated Pilates into the training of dancers at McDonald College and opened a small studio at the college. This is where he started developing his work and offering formal Teacher Training in Australia in 1989, he also worked with top level athletes (Sydney Kings, Balmain Tigers), dancers (Sydney Dance Company, Australian Ballet), Physios (Cumberland College) and many other professionals. In the first group he trained were two physios and the late Megan Williams who remained a loyal and devoted teacher and colleague.

Rael's mat classes at the beginning of days 1 and 4 were eagerly awaited as his classes flow so beautifully, blending each exercise in to the other leaving you exhausted yet exhilarated and ready to attack another day.

At this conference Rael emphasised that precision has to be foremost in the minds of all teachers and practitioners. Just watching Rael perform

some of the more advanced exercises makes you realise his dedication to precision is what sets him apart and he would like us all to consider precision as the most important aspect of teaching the method and improving our own form.

Rael worked with us on the most difficult to cue exercises in the curriculum i.e.: **On the Reformer**; knee stretch, sides on small box, balance control front, hamstring stretch-kneeling lunge, **Wunda chair**; cat and swan. Once again it's knowing exactly the exercise and what you want to achieve with that client which will enable you to put more precision in to the movement and develop a combination of cueing methods for different learners.

Rael explained his approach as follows: "Unique skills are required in teaching of this mind-body process. From the outset it is important to stress that cueing can be learned and improved but a key component is experience, both in the practice of Pilates and the teaching of Pilates. It is a process that takes time, for, just as a client cannot learn an exercise with all the nuances in one session so the teacher cannot learn all the cues in one session, it takes time, experience, experimentation and understanding – it is a never ending journey" By the end of this session Rael had worked with everyone on their cueing or practical skills and we felt comfortable testing his cueing options when working together.

Rael's personal belief is that he could have spent the whole conference on cueing, as it requires good observation of the client's execution of the movement and setting objectives for teaching a particular client an exercise, according to their anatomical, biomechanical and visceral movement. Too much emphasis is placed on gaining more curriculum, when performing all the basic exercises with precision can achieve a far better outcome for the client.

Gait Analysis was another very informative presentation by Rael. We analysed each others gait and it was plainly obvious Pilates instructors do have similar problems to everyone and there was no avoiding any issue with 30 Pilates instructors watching your gait. Then we discussed exercises to address weak gluts, adductors, abductors, foot and ankle alignment using the floor, disc, wobble boards, wunda chair and trap table.

The most valuable time at these conferences is in the sessions where the delegates are working on a case study with other Pilates practitioners, as there is a shared knowledge far greater than any individual and these different experiences broaden your own knowledge. Its also great to build your network of other practitioners especially if you are a sole practitioner as it's always comforting to have a colleague out there you can call on especially if its an area within their expertise.

**Special guests for the 2004 Symposium were Master Teachers from the USA with a wealth of experience Kathy Corey and Michele Larsson.**

Michele Larsson, founded Core Dynamics Pilates in 1996, to offer continuing education to the Pilates community. In 1998 she expanded to include Pilates teacher training. She trained as a dancer at the NYC Julliard School of Music and is an award-winning choreographer. In 1981, she received a BFA in Holistic Health and Dance Theatre from Antioch University. Michele began studying Pilates with Eve Gentry in 1970 and in 1982 she entered Eve's teacher training program and continued working with Ms. Gentry as an associate teacher until Eve's death in 1994.

Michele had some wonderful stories to tell of her time with Ms. Gentry and her on going work reflects that influence coupled with her own holistic approach to Pilates. Certainly on the 3<sup>rd</sup> day when we were all sore the introduction of Feldenkrais based exercises in the morning class was just wonderful. We were also shown how changing breathing patterns does have a profound effect on the outcome of the same exercise and it is quite useful to experiment with this for different clients.

The subjects that Michele covered at the Symposium were Aging and Osteoporosis

Michele began by giving a brief background on osteoporosis and the do's and don'ts in exercise. Weight loaded forward flexion with or without rotation must be avoided. With that exception in mind a standard Pilates workout with more emphasis on extension

is appropriate. She suggested using medium to heavy weight with fewer repetitions. An exercise that was most popular on the trap was the "baby bird".

The concept of changing breathing patterns to suit what you are trying to achieve with an exercise for your client does have a profound effect on the outcome and I know it is used in Australia, but Michele used it for cross patterning and changing alignment. It appeared to be very effective and quite useful to use for clients who really struggle with understanding the changes required for alignment.

The other areas Michele covered were hip replacement and post mastectomy. We worked on the need to restore normal length to the hip flexors; piriformis, deep lateral rotators and hamstrings, and strengthen the weak muscles, which is often the gluteus, tensor fascia late and iliopsoas. In all instances the flexion must be adjusted to accommodate the injured hip, and you need to eliminate sitting mat exercises. For instance, on the reformer lower the foot bar and place a stopper where the client cannot come in too far to minimize hip flexion or do only standing footwork on the wunda chair.

For mastectomy Michele suggested dealing with the affected side as if it were shoulder impairment. She showed a series of exercises designed to regain Range of Motion to that shoulder.

There was an enormous amount of "gems of wisdom" from these three lecturers and needless to say we all came away with notebooks and brains bulging from the overload. However, a wonderful experience as it may have taken years to learn what they have passed on to us in such a short time.



Michelle Larsson  
Instructing reformer work.

## “Learn from the Leaders” Symposium Review (continued) Gold Coast, August 2004

By Gloria Scott

Kathy Corey is the Director of West Coast Pilates Certification Program. In the early 1990's, as Publicity Director of the Institute for the Pilates Method she interviewed and worked with the Master Teachers who studied and taught with Joe and Clara Pilates at their New York studio. Personally she is a dynamo with a strong clear energy and enormous enthusiasm, and a very approachable and generous teacher of her work.

Kathy presented Core Band™ mat class and Pilates for Golf.

The Core Band™ is an innovation of Kathy's and is designed to enhance the matwork. Kathy believes it uses both stabilization and mobilization to work the muscles in an in depth manner. This creates greater articulation of the body's core movements. It has several pockets, or sleeves, for the placement of the hands and feet. Your flexibility and range of motion will determine which sleeve you will use. The closer the hand placement, the more challenging the exercise will be.

“The CORE Band™ allows you to use your own body as a resistance tool in a similar way to working on the Reformer or other pieces of Pilates equipment,” states Kathy.

I asked Kathy what made her decide to develop this very useful tool and like all inventions, it was the Mother of necessity. After 25 years of teaching, she was tired of seeing people still cheating on their core work. Kathy uses the core band extensively in Pilates for Golf, as it's an excellent guide for body alignment, especially for extension.

Kathy covered the biomechanics of golf and if you are not a golfer this was essential information. Certainly I would not have imagined that in an average game a golfer performs 155 swings (lines). What is the best way for a golfer to warm down? Kathy recommends that they perform an appropriate amount of swings in the opposite direction. Most golfers head straight for the Club or as we say in Australia the 19<sup>th</sup> hole.

The velocity at which the ball is hit and how important it is to get the exact angle on the club depends on correct hip flexion, stable spine and correct rotation of the spine. Any tightness that affects the range of motion (ROM) in the shoulder, elbow, wrist and hand, spine, scapula and pelvis can have a disastrous effect on the golf swing.

The Magic Circle for Golf workout addressed warm-up and stretches for balance and agility, core stabilisation, hip joint flexibility, truncal and pelvic rotation, hamstring stretches, spine mobility, abduction, flexion, extension, spinal articulation and breath work to finish. Fifty-one exercises in all.

The common faults of the golf swing were addressed and how to correct them with Pilates exercises. Since lack of flexibility, balance and tempo effect the outcome of the game, exercises to increase flexibility, improve core stabilisation, improve rotation of the trunk and pelvis along with mobility of the spine were taught on the Reformer, Spine Corrector, Wunda Chair and Cadillac.

The use of the small Barrel (spine

corrector) for core stability was great curriculum to have experienced. Kathy teamed The Core Band™ with the small barrel for some fairly strenuous work with good core strengthening, extension and rotation.

“The Pilates program for golf simulates the movements that occur during the golf swing and were specifically designed to help prevent injury while improving the golfer's level of fitness, Kathy says. “The program addresses the most common physical faults of the swing and how to correct them. Most importantly the goal of the program is to reprogram body, mind and spirit creating healthy new neuromuscular patterns to be incorporated both on and off the course.”

Kathy has produced a DVD for her Spine Corrector, Magic Circle and Core Band workouts and they are available from

[www.westcoastpilates.net](http://www.westcoastpilates.net) or  
[pilatesplus@bigpond.com](mailto:pilatesplus@bigpond.com).

For further information on BASI checkout their website  
[www.BASIpilates.com](http://www.BASIpilates.com)

For further information on Michele Larsson her website address is  
[www.coredynamicpilates.com](http://www.coredynamicpilates.com)

For more information on next years Symposium in Melbourne please contact Shauna Hall at  
[shauna@pilatesplus.com](mailto:shauna@pilatesplus.com)



### POSITIONS VACANT

#### PILATES INSTRUCTOR CAMBERWELL

Experienced Pilates instructor required three evenings (3.30pm – 7.30pm) a week and possibly Saturday mornings (9am – 1pm) at In Sync Physiotherapy and Pilates in Camberwell, Victoria. Knowledge of studio and matwork repertoire is required. Ongoing and rehabilitation training provided.

For more details please phone Narelle or Rebecca on 03 98132188.

For all advertising enquiries contact  
[admin@pilatesalliance.net](mailto:admin@pilatesalliance.net)



**pilatesITC**  
international training centre

### YOU CAN NOW BRIDGE TO CERTIFICATE IV IN PILATES INSTRUCTION (91121NSW)

Pilates International are now ready to bridge open industry professionals into this qualification. This is a VETAB accredited qualification giving government recognition under the Australian Quality Training Framework

To enrol in the bridging program you must be certified (including assessed) by an Alliance approved educational organization, plus have a minimum two years professional experience in the pilates industry as at 30 June 2004.

For details on the bridging program for industry professionals, please contact Pilates International Training Centre on 9699 6557 or email us your query at [info@pilatesitc.com](mailto:info@pilatesitc.com)



## PAA Member Listing

### QLD

Shauna Hall  
Jackie Ker  
Monique Kurki  
Gillian Omelaniuk  
Michelle Perkins  
Leona Werner  
Pamela White  
Peter White

Runaway Bay  
Kedrow  
Norman Park  
Castaways Beach  
Noosa Heads  
Sunshine Beach  
Noosa Heads  
Bardon

### NSW

René Alexander  
Robyn Alvarez  
Lauré Ancedy  
Sally Anderson  
Catherine Aquilina  
Kate Armstrong  
Michelle Barakat-Johnson  
Emma Barker  
Karen Beattie  
Victoria Becka  
Chad Beckett  
Barry Bird  
Sandy Bird  
Renai Booth  
Julia Bruce  
Chrystene Carroll  
Dav Cohen  
Sonia Darbey  
Irena Drew  
Pam Dunwoodie  
Susan Eccleston  
Kerry Etkin  
Meri Fatin  
John Fell  
Phillipa Hicks  
Anne-Marie Jones  
Mollie Joyce  
Maria King  
Diana Lewis  
Genia Lifschitz  
Kristin Lyon  
Merrin Martin  
Catherine Mackay  
Kellie McLeish  
Jessica McNamara  
Jennifer Newman-Preston  
Taryn Noble  
Melanie Payne  
Annebé Pettersen  
Tess Pierchorowicz  
Gloria Scott  
Simone Stark  
Tamy Starr  
Lynne Sutor  
Monique Sutor  
Rachel Szabo  
Helen Tardent  
Leesa Thornthwaite  
Jakki Tobin  
Vera Torbolov  
Nick Tsakalos  
Kristy Wetherell  
Marda Willey  
Deborah Wood

Bondi Beach  
Forresters Beach  
Vaucluse  
Surry Hills  
Manly  
Glebe  
Clovelly  
Randwick  
Hornsby  
Bondi Beach  
Mona Vale  
Leichhardt  
Leichhardt  
Hall  
Gymea  
Bondi  
Manly  
Double Bay  
Seaforth  
Verri Beach  
Kyogle  
Randwick  
Glebe  
Dee Why  
Redfern  
Warrawee  
Harbord  
Waterloo  
Blakehurst  
Darling Point  
Palm Beach  
St Leonards  
Maroubra  
Manly  
Mona Vale  
Surry Hills  
Rose Bay  
Bondi  
Bayview  
Bondi  
Newport  
Port Macquarie  
Rose Bay  
Port Macquarie  
Port Macquarie  
Gymea  
Double Bay  
Peakhurst Heights  
Harbord  
Oatley  
Queanbeyan  
Gymea  
Queens Park  
Collaroy

### ACT

Hazel Davenport  
Lanette Gavran  
Claire Gunther  
Laura Mulherin  
Margo Rankin

### VIC

Ellen Barber  
Katrina Edwards  
Mandy Jennings  
Kerrie Murphy  
Jenny Rawet  
Shelley Seggie  
Brianna Whittle

### WA

Abigail White

### NEW ZEALAND

Helena Cox  
Elena Philp

### SINGAPORE

Sharmini Winslow

## Registered Studios

### QLD

Pilates Plus

### NSW

Absolute Pilates  
Align Physiotherapy and Pilates  
Bodhimaya Pilates Studio  
Bodiline Pilates Studio  
Pilates International  
Pilates International Turramurra  
Pilates Method Fitness  
Pilates Moves  
Powerhouse Pilates and Body Conditioning

### ACT

The Fitness Edge

### VIC

Infinity Pilates Studio  
The Pilates Space

### NEW ZEALAND

Pilates Precision

Fadden  
Stirling  
Mawson  
Phillip  
Kambah

Ascotvale  
Moonee Ponds  
Moonee Ponds  
East St Kilda  
Niddrie  
Moonee Ponds  
South Yarra

Cottesloe

Auckland  
A u c k l a n d

Singapore

Runaway Bay

Gymea  
Randwick  
Bondi  
Port Macquarie  
Surry Hills  
Turramurra  
Bondi Junction  
Double Bay  
Manly

Phillip

East St Kilda  
Moonee Ponds

Mt Albert, Auckland



**Ka-thunk.  
Ka-thunk.  
Ka-thunk.**

**(If that's the sound of your foam rollers,  
we have good news for you.)**

**Introducing the roller that stays round.  
The new Magic Roller. Exclusively from Balanced Body.**

Had it with lumpy foam rollers?

Conventional rollers are made from packing foam, which can shrink and distort, sometimes after only a few months.

Our Magic Roller is different. It's a high-performance, professional roller made of top-quality, closed-cell foam. It's the ultimate in luxury, performance and durability.

**Retains its round shape**

High-quality closed-cell foam holds its shape. It won't shrink or distort like conventional foam rollers.

**Exceptional comfort**

Cushions the spine in supine positions, the forearms in prone, the shins in quadruped, and the feet in standing.

**Easy to clean**

Just wipe down with a solution of soap and water.

**Won't collapse in air cargo compartments**

Conventional foam rollers collapse in unpressurized air cargo compartments. But the Magic Roller keeps its shape.

**An excellent value!**

<b>True Blue FR3022</b>		<b>Swirlie Blue FR 3023</b>	
1-9	\$66.00	1-9	\$70.00
10-19	\$55.00	10-19	\$59.00
20 Plus	\$44.00	20 Plus	\$48.00

Prices are inclusive of GST  
Pricing does not include freight

**Order your Magic Rollers today!  
Call 1800 633 009 or visit  
[www.hf.com.au](http://www.hf.com.au)**

