



# Pilates Alliance Australasia NEWSLETTER

## WHAT'S NEW FOR 2005

### Message from the Committee

Hello to all Members!

As you are all aware, membership renewals were due in March. Membership renewal forms were sent out in late February. If you have not yet received one, please contact the office on (02) 9540 3302 to obtain a form.

All full members are required to submit their 20 CEC's accumulated over the past two years. If you have not been a full member for this amount of time, please contact the office as you may qualify to submit a pro-rata amount of CEC's. For any other queries regarding CEC's or membership renewals please feel free to contact the office.

We will have more information coming this year on the Health Fund front thanks to the work of our Health Fund Councillor, Gloria Scott. As an update, Grand United will recognise all PAA members who have attained Level 3 Membership effective 1 March 2005. I think we should also say a big thank you to Gloria who has put much effort into obtaining this in a time where health funds are being most difficult in accepting Pilates.

I hope you are all having a wonderful and successful year, I cant believe how quickly the months seem to be passing!

Best Wishes

*Kristy Wetherell*

Ed.

#### CONTINUING EDUCATION

- Don't forget the next opportunities for continuing education with the Pilates Alliance. Workshops will be held in Sydney, Melbourne and Brisbane on the following dates.

- **28 May**
- **30 July (+AGM)**

- Remember 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. Make sure your membership is renewed and current to take advantage of this fantastic opportunity for ongoing training.

- 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.

#### • Alliance Contact Details

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BODY NEEDS.**

## PILATES ALLIANCE AUSTRALASIA AGM & Workshop 2005

This year the AGM will take place on Saturday 30<sup>th</sup> July 2005. 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

## Pilates International secures GST Exemption Ruling for Diploma Graduates!

In a first for the Pilates industry, Pilates International Pty Ltd has obtained a Private Ruling from the Australian Taxation Office stating that: "The supply of Pilates by a graduate who has successfully completed the Diploma of Professional Pilates Practice will be a GST-free supply where all elements of section 38-10 of the A New Tax System (Goods and Services Tax) Act 1999 (GST Act) are satisfied."

For further information regarding the GST exempt status for graduates of the Diploma of Professional Pilates Practice, please email [info@pilatesitc.com](mailto:info@pilatesitc.com)

## Continuing Education—Sydney

### Gravity Training Systems: "Pilates on a Slant!"

With Helen Tardent

3 CEC's

Saturday 28th May 2005

1.30 - 4.30pm

Pilates Moves

Level I

390 New South Head Road  
Double Bay NSW

Full Members: FREE

Assoc/Basic Members \$30

Non Members \$45

Come and enjoy pilates training with a difference as Helen guides us through Gravity Training Systems in her beautiful studio.

## Continuing Education—Melbourne

### The use of Pilates in Shoulder Rehabilitation Post Mastectomy

With Kerry Etkin

3 CEC's

Saturday 28th May 2005

National Pilates Centre  
Level 1/99 Queen St  
Melbourne

1.00 — 4.00pm

Full Members: FREE

Assoc/Basic Members \$30

Non Members \$45

This workshop will cover the role of pilates for the rehabilitation of the shoulder post mastectomy. It will inform the different types of mastectomies offered today and their various complications in terms of their limitations of range. It will also look at basic exercises that have been found useful when dealing with this condition and ideas for timelines of recovery. Kerry Etkin is a physio-

therapist with a post-graduate degree in Upper Limb rehabilitation, as well as a fully qualified pilates instructor holding a Certificate IV in Pilates Instruction. In her Randwick practice, Kerry has had the opportunity to work with several women post mastectomy and will share her understanding and practical advice for using pilates in this scenario.

## Continuing Education—Brisbane

### Progressions on the Reformer for Client Specificity and Challenge

With Sally Anderson

3 CEC's

Saturday 28th May 2005

Pilates on Macgregor

1.00 - 4.00pm

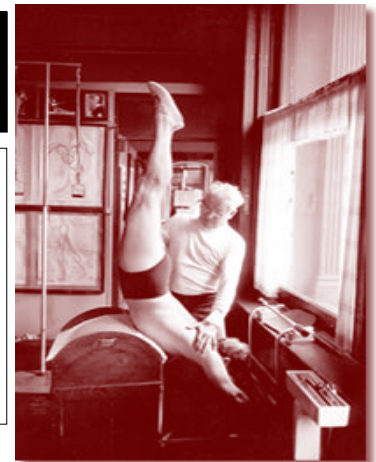
Full Members: FREE

Assoc/Basic Members \$30

Non Members \$45

This workshop will look at the variations on the reformer to challenge your clients without compromising the principles. We will look at a range of repertoire integrating a variety of exercise concepts to create specificity and to progress the level of stability, strength and endur-

ance of the client. There may also be some time for participants to request examining common exercises from the repertoire and ways to progress these, so if you are participating feel free to have some exercises from the repertoire in mind you may like to look at.



## NEW MEMBERS

Frances Dumbrell  
Chifley ACT

Jacquilyn Guiot  
Randwick NSW

Teresa Hinch  
Greenwood WA

Townsville Pilates Studio  
North Ward QLD

## POSITIONS VACANT

### PILATES INSTRUCTOR OATLEY

Experienced Pilates Instructor required three mornings a week 9.30 to 10.30am, & possibly Tuesday 11.00am to 3.00pm & Thursday 11.00am to 3.00pm for studio work. Knowledge of Mat Work, Reformer & Studio repertoire is required.

For more details please phone Vera on 02 9585 2782.

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