



Pilates Alliance Australasia

NEWSLETTER

CONTINUING EDUCATION

- Don't forget the next opportunities for continuing education with the Pilates Alliance. Workshops will be held in Sydney

- **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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admin@pilatesalliance.net

The Alliance newsletter is sponsored by



HF Industries

1800 633 009
www.hf.com.au

**FOR ALL YOUR BALANCED
BODY NEEDS.**

Annual Meeting & Workshops

Saturday 30th July 2005

9.00am—5.00pm

Pilates International Training Centre

Ground Floor 79-83 Myrtle St Chippendale NSW

This year the PAA's ANNUAL GENERAL MEETING will take place on Saturday 30th July 2005. The committee have agreed to hold a full day of workshops, discussion and industry get-together, alongside the requirements of this meeting, and we would like to see as many members as possible make it to Sydney for this event. You will receive a separate information pack outlining the details of this day, but here is brief snapshot.

9.00 — 10.00am	Meeting Opens, Minutes and Annual Reports
10.00—12.00pm	Workshops
12.00—1.30pm	Lunch provided by the PAA
1.30 — 3.30pm	Workshops
3.30 — 4.00pm	Break
4.00 — 5.00pm	Voting of Committee, Close of Meeting

This will be a great opportunity for us to all come together and review the past 12 months and set a clear goal for the coming year. For members who are keen to become more involved in their industry and have a little time and energy to offer, we will be calling for nominations for several committee positions.

We can't wait to see all our old acquaintances from all over Australia and the Pacific at the meeting as well as look forward to putting some new faces to names we have become familiar with. See you soon.

The PAA Main Committee

3rd Annual Conference
November 18-20, 2005
Hilton Hotel
Sydney Australia

Mind Your Body
Conference

This years theme is 'Changing Bodies, Changing Times' with a focus on ageing & longevity, women's health including pre & post natal. The major holistic disciplines of pilates, yoga and gyrotonics will be featured in both lecture and workout components. Commencing with a registration breakfast on Friday 18th November, the conference will be spread over several rooms within the venue with equipment provided by H F Industries. Equipment will be available for sale at conclusion of the conference. Exhibitors will be on site for the duration of the conference with specialised exhibition viewing times allocated. A broad range of specialist presenters will be giving lectures and workshops throughout the conference, including a case study presentation delivered by leaders in the field of pilates, physiotherapy, yoga, and osteopathy. More information will follow over the coming months in our next newsletter or visit www.mindyourbody.com.au.

Continuing Education—Review

The use of Pilates in Shoulder Rehabilitation Post Mastectomy with Kerry Etkin by Hazel Davenport

Those attending the workshop "Use of Pilates in Shoulder Rehabilitation Post Mastectomy" presented by Kerry Etkin, gained loads of excellent information. Kerry, who runs her own physiotherapy clinic, also holds a post-graduate degree in Upper Limb rehabilitation and a Certificate IV in Pilates Instruction.

As one in 11 women face having a mastectomy there is an increased need for after-surgery rehabilitation. We learned first hand of Kerry's experience with clients attending her clinic. She outlined processes surrounding the 4 types of mastectomies, their complications and the problems faced with reconstruction of the breast.

Some reconstructions require muscles to be removed or severed.

When this happens, not only is there the usual possibility of infection, fluid retention, scarring and numbness, but the weakened muscles, particularly abdominal and spinal muscles, can lead to imbalances. Compensatory patterns set in and pain can develop. Kerry cited a case of scoliosis being caused by removal of part of the Latissimus dorsi muscle.

We spent the last part of the workshop going over suitable Pilates exercises. Some of Kerry's key points regarding exercise were:

- If possible start at about 3 weeks after surgery taking into account the healing process. Aim for full movement by 6 weeks. It's important to move into exercises as soon as possible or patients become stiff and very sore, not wanting to move at all.

- The client needs to respect the process of physical and emotional trauma and care for themselves. Less is more.
- Look at techniques the client is using for managing routine chores including dressing themselves. Give advice if appropriate.
- Include a Home program, developing gentle stretches before strengthening.

So thanks to Kerry for sharing personal experiences and insights, promoting discussion and talking us through the benefits of various Pilates exercises. Also thanks for running the program at her lovely studio.

Thanks you Hazel for her informative and thorough review of Kerry's workshop! - Ed

Continuing Education—Review

Intermediate Reformer Class with Dance Specific Focus with Katrina Edwards By Sally Anderson

Over two separate sessions, Katrina Edwards gave participants a look at intermediate level exercises on the Reformer that would be appropriate for a dancer seeking to enhance their skills with the pilates method.

Looking at a variety of exercises and variations for both specificity and cross training for dancers, the programs gave many options that would be applicable to professionals and the professional dance student. The first

program finished with a general interaction about the types of issues that are currently being dealt with by the instructors who were at the workshop, featuring mini-discussions on different body types, a recurring lack of support by organizations who employ dancers or host dance students for study, and the ways in which we can educate dancers and dance students to prepare and repair themselves efficiently.

Katrina's second program progressed on from the first, giving ideas on the footboard/jumpboard and including some standing proprioceptive work at the end.

Everyone seemed to enjoy their time at the workshop and participants commented both on enjoying the practical experience of the program and that they definitely took away something inspirational to use with their clients.



NEW MEMBERS

- Balance By Design** Edgely Cliff NSW
- Rebecca Astfalck** Costa Rhu Singapore
- Katharine Spalding** Bentleigh VIC
- Kristen Roache** Prahran VIC
- Kelly Gailis** St Kilda VIC
- Carrie-Anne Clark** Aspendale Gardens VIC
- Annie Serna-Pastor** Gidgannup WA
- Misty Ellis** Yokine WA
- Robby Bullard** Palmrya WA
- Tim Jenkins** Hocking WA
- Robert Johnston** Redcliffe WA
- Jennifer Cooksey** Attadale WA
- Yvonne Lazette** Hermit Park QLD
- Raena Hartley** Coogee NSW
- Nadine Kent** Coogee NSW
- Hayley Alexander** Bondi Beach NSW
- Sue Galilee** Dee Why NSW
- Charlotte Van Veenendaal** Manly NSW
- Rafael Merino** Heidelberg Heights VIC
- Lauren Williams** St Albans VIC
- Rebecca Colafella** Glen Waverley VIC
- Sarah Finley** South Yarra VIC
- Robert Lisle** Scullin ACT
- Robyn Tench** Gordon NSW
- Kylie Edwards** Civic Square ACT
- Phillipa Grant** Dunlop ACT
- Serena Fryer** Farrer ACT
- Lisa Anthony** Erina NSW
- Geri Taylor** Avoca Beach NSW
- Matthew Squires** Marrickville NSW
- Kira Varejes** Killara NSW
- Lauren Jones** Warrawee NSW
- Emma Lane** Paddington NSW
- Christine Betros** Mascot NSW
- Susanne Lohmann** Fremantle WA
- Gabrielle Schieren** Bondi NSW
- Phillipa Cave** Balgowlah NSW
- Suzanne Clapham** Jannali NSW
- Vanea Atwood** Willoughby NSW
- Karen Willey** Mt Colah NSW
- Vanessa Malone** Beacon Hill NSW
- Ralene Woodbury** Scullin ACT
- Kirsty Grant** Flynn ACT

The Anatomy & Pilates with Lori Coleman-Brown

Presented by The Pilates Method Studio, Surry Hills

1st & 2nd October 2005

**The Anatomy & Pilates
with Lori Coleman-Brown
1st & 2nd October 2005
The Pilates Method Studio
75 Holt St Surry Hills**

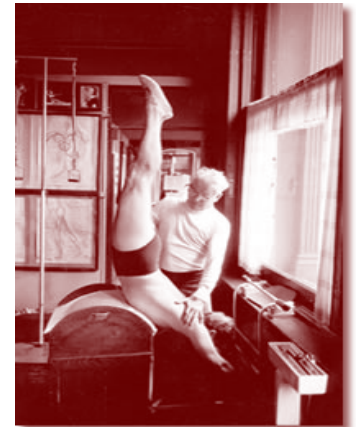
**Bookings call 02 9212 6715
Cost: \$150 per day**

The Pilates Method Studio will host a workshop on Physio and Pilates. These will be held over 2 days addressing the use of the Authentic Pilates Method with a deeper understanding of the lumbar spine, neck, pelvis and knees.

Lori Coleman-Brown, PT, Level 2 Instructor with Romana's Pilates will be leading us through an anatomy based Pilates workshop over the two days focusing on the Lumbar spine/pelvis and the knees. Lori Coleman-Brown, MPT, Director, Pilates Teacher of Teachers. Master of Physical Therapy (Temple University), Bachelor of Fine Arts in Dance (State University of NY.) Lori has worked in outpatient physical Therapy for over 10 years, and

has been teaching Pilates for 18 years. She is currently the co-owner and co-director of the Pilates and Physical Therapy center of Seattle. All workshops are held at The Pilates Method Studio, 75 Holt Street, Surry Hills. The cost for each day will be \$150. A non-refundable 20% deposit will secure you a place. Book early to reserve a place on this course, space is limited.

For bookings contact the studio directly on (02) 9212-6715



POSITIONS VACANT

PILATES INSTRUCTOR PERTH

WESTERN AUSTRALIA

Certified Pilates instructors required for studio in Perth, WA. Casual, part time and full time positions available. Great opportunity to gain more experience and further your expertise in our highly esteemed studio, now in it's ninth year of operation. Only extremely well-presented, professional, friendly, reliable and career-minded individuals need apply. Salary from \$20-25 per hour, subject to negotiation. Studio owner and Director: Abigail White. Certified Pilates Instructor (PITC); Member PAA

P: 08 9284 7115

M: 0409 089 151

E: abi@pilateswa.com

FOR SALE ESTABLISHED PILATES STUDIO

- Established since August 2003
- Mermaid Beach, Gold Coast, Queensland
- Quiet cul-de-sac off main Gold Coast highway; off-street parking; walking distance to beach; 2 mins to Pacific Fair shopping centre; heart of GC
- Large, bright studio – approx. 80m²; privacy for clientele with separate foyer area; treatment/massage cubicle; kitchenette
- Hand-crafted equipment; specially engineered springs and footbars; 2 reformers, 1 cadillac, 1 wunda chair, 1 spine corrector, 1 arc barrel, 3 raised mats, rollers, balls, ball storage wall rack, small weights, etc.
- Air conditioned
- Studio has good reputation and full compliment clientele; owner/instructor re-locating
- Lease agreement ends August 2006, with options
- \$28 000

**For further details and enquires call Rodney
0415 126 295 or 07 5575 5292**

For all advertising enquiries contact
admin@pilatesalliance.net



Industry Bridging Program for Pilates Professionals

Certificate IV in Pilates Instruction (91121nsw)

Government endorsed under the Australian Quality Training Framework

Make your skills count! Upgrade your certification to a
fully accredited qualification without starting from scratch

Pilates International is offering industry professionals the opportunity to complete a succinct bridging program that will award them with the Certificate IV in Pilates Instruction. This qualification is the pre-requisite for entering the diploma level units. Pilates International have recently been granted a private ruling from the Australian taxation office giving graduates of the diploma program eligibility to apply for gst exemption on their services.

Anyone who is a current professional working in the pilates industry and holds certification from an organization registered by an industry association (pilates alliance or apma) may enrol in this industry bridging program.

The first ever industry bridging program was successfully run in Sydney over the June long weekend, and we are now offering this program in Melbourne and Queensland, as well as taking expressions of interest in other cities.

For more information please contact Pilates International on (02) 9699 6557 or info@pilatesitc.com. Dates for Melbourne and Queensland are given below.

Melbourne	
National Pilates Centre	Thurs 15 September
Level one	Friday 16 September
99 Queen St	Sat 17 September
Melbourne 3000	Sunday 18 September

Queensland	
Pilates Plus	Thurs 29 September
Level one	Friday 30 September
Runaway Bay Marina	Saturday 1 October
Gold Coast	Sunday 2 October

info@pilatesitc.com or call 02 9699 6557